

What is type 1 diabetes?

Type 1 diabetes occurs when the pancreas is no longer able to make insulin. Insulin is a hormone that acts like a key to let glucose from the food we eat, pass from the blood stream into the muscle cells to provide energy. This causes blood glucose levels to rise. Type 1 diabetes is usually diagnosed during childhood or young adulthood but can occur at any age.

Symptoms

- Being very thirsty
- Being very tired
- Losing weight
- Having stomach pain
- Passing lots of urine
- Feeling generally unwell
- Being dehydrated

The symptoms of type 1 diabetes can develop quickly in children and need urgent medical attention!

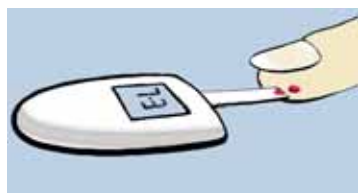
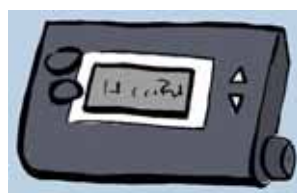


Cause of Type 1 Diabetes

Some people carry genes which may make them more likely to get type 1 diabetes. However, it only develops in these people when something triggers the immune system to destroy the insulin-producing cells in the pancreas. These triggers are thought to be factors in the environment but as yet are not well understood.

Management of Type 1 Diabetes

- Provide insulin by injection or an insulin pump
 - every day for life
- Follow a healthy eating plan that includes eating regular meals that contain carbohydrate foods
- Be physically active on a regular basis
- Test blood glucose levels several times a day
- Have regular medical check-ups with the diabetes team, that may include several or all of the following: diabetes specialist doctor, diabetes educator, dietitian, social worker, psychologist.



For more information phone 1300 136 588 website:
www.diabeteskidsandteens.com.au

Need an interpreter?

A free telephone interpreter service is available for people who may have difficulty in understanding or speaking English. This service is available through the Translating and Interpreting Service (TIS) of the Department of Immigration and Multicultural and Indigenous Affairs (DIMIA).

TIS have access to professional interpreters in almost 2000 languages and dialects and can respond immediately to most requests.

Accessing an interpreter:



1. Simply dial 131 450 for the Telephone Interpreting Service.

2. Explain the purpose for the call e.g. wanting to talk to an educator/dietitian at Diabetes Australia.

3. The operator will connect you to an interpreter in the required language and to a Diabetes Australia health

professional for a three-way conversation.

This free service has been set up by Diabetes Australia and will be promoted with assistance from the Australian Government Department of Health and Ageing.