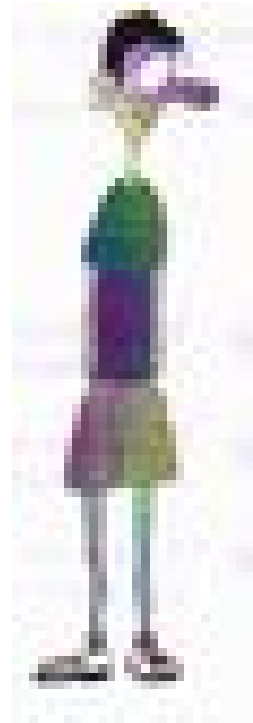


TYPE 1 DIABETES

- Type 1 diabetes occurs in only 10-15% of all cases of diabetes.
- It tends to occur in people under the age of 30, but can happen at any age. Often the person is lean on diagnosis.
- The exact cause of Type 1 diabetes is unknown but is possibly a combination of genetic makeup and a viral infection, followed by an autoimmune reaction that destroys the cells of the pancreas that produce insulin.
- At the time of diagnosis about 90% of the cells in the pancreas that make insulin are destroyed.



What happens in the body with Type 1 diabetes?

- The pancreas no longer makes insulin and so the glucose cannot enter the muscle.
- The onset of Type 1 diabetes is usually sudden, due to a rapid build up of glucose in the blood stream.



with healthy eating and physical activity.

- ❖ **The insulin-producing cells of the pancreas are destroyed by an auto-immune cause.**
- ❖ **The pancreas not longer makes insulin and glucose cannot enter the muscles.**
- ❖ **Treatment involves insulin injections together with healthy eating and physical activity.**