Diabetes Awareness Week



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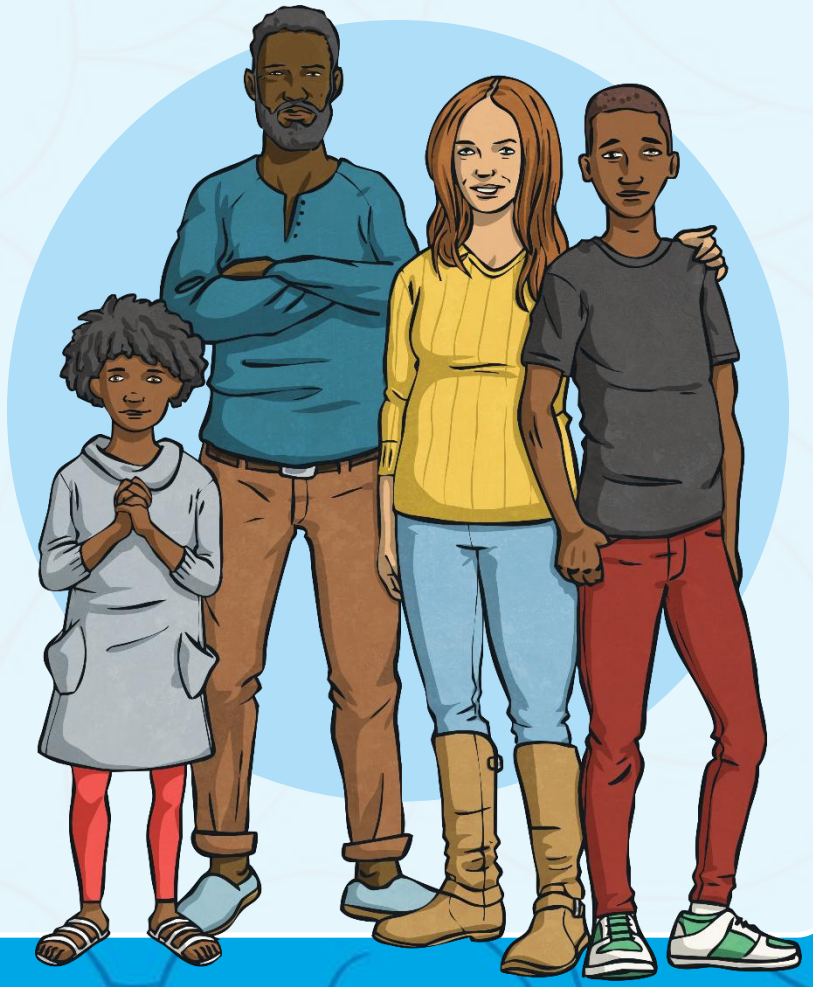
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Type 1 Diabetes

Type 1 diabetes is not something you can get because of your diet.

With type 1 diabetes, your **immune system** attacks your pancreas by mistake. This then means your pancreas can't create insulin.

Without insulin, your body isn't able to move the glucose from your blood and into your cells for you to use for energy.



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Living with Type 1 Diabetes

People with type 1 diabetes need to have regular insulin injections, or use an insulin pump to help their bodies to use glucose effectively.



People with type 1 diabetes have to have regular check-ups with their doctor, including having their eyes checked to make sure they are healthy.

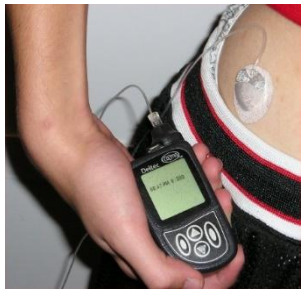
They are encouraged to eat a healthy diet and it is important to count the amount of carbohydrates in the food they eat.

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Insulin Injections and Pumps

Because people with type 1 diabetes don't produce their own insulin, they need to get it from somewhere else to make sure their glucose levels are controlled.

The most common ways to do this are with an insulin pump or insulin injections.



Insulin pumps are fitted with a tube that is inserted under the skin. The pump is battery-operated and releases insulin into the body throughout the day.

Insulin injections use a syringe and needle (often called a pen). The needles are small and inject the insulin under the skin, where it is taken into the blood.



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