



Diabetes (Type 1)



Overview

This disease, once called "juvenile diabetes," is a problem with the way your body converts food to energy. It happens when your immune system attacks and destroys islet cells in the pancreas. These cells produce insulin, a hormone used to process blood glucose.

Causes

What causes Type 1 diabetes? We aren't sure. We think it may be linked to your genetics. It may also involve a trigger. You can develop Type 1 diabetes at any age. But it's most often diagnosed in children and young adults.

Symptoms

Type 1 diabetes can cause you to feel hungry, thirsty and fatigued. You may lose weight suddenly. You may need to pee very often. Your vision may be blurry. You can even lose consciousness. These symptoms can develop quickly.

Management

Type 1 diabetes is managed with insulin therapy. You may need other medications, too. You'll need to focus on proper diet and exercise. Looking to the future, doctors are studying pancreas and islet cell transplants as a possible cure for the disease.

Complications

Without proper care, Type 1 diabetes leads to a wide range of serious problems, such as heart disease, stroke and kidney disease. It can affect your eyes and your oral health. It can cause problems in the legs and feet. And you may have other issues. But by following your care plan, you can live a healthy life. Ask your doctor for more information.