Understanding Type 1 Diabetes

You can develop type 1 diabetes at any age.

SYMPTOMS OF TYPE 1 DIABETES

- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss—even though you are eating more

Talk with your clinician about your risk for type 1 diabetes and if you should be tested.

Learning you have type 1 diabetes early lets you take steps early to stay healthy.

YOUR TYPE 1 DIABETES RISK
If you have a family history of type 1 diabetes your clinician can screen for type 1 diabetes through:
- Antibody testing
- Blood glucose monitoring

A positive antibody test does not mean immediate diagnosis. New treatments and clinical trials can possibly delay the onset of type 1 diabetes.

POSITIVE
If you test for antibodies
If you test antibody positive, you should expect to receive education about:
- Your risk of developing diabetes
- Diabetes symptoms
- Preventing diabetic ketoacidosis (DKA), a serious complication of high blood glucose that can be life-threatening.

Talk with your clinician about getting tested again in the future.

NEGATIVE
Talk with your clinician to determine if you are high risk for Type 1 diabetes.

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