

# 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

**POSITIVE**

If you test for antibodies

**NEGATIVE**

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.

Additional testing may be done to determine the course of treatment based on the stage of your diabetes.

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

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



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