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

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.

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

NEGATIVE

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

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

Learn more at diabetes.org | 1-800-DIABETES (800-342-2383)

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