



Understanding Type 1 Diabetes in Adults

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 doctor 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

Your doctor may screen for
type 1 diabetes if you:

- show symptoms
- have a family history of
type 1 diabetes
- have other autoimmune diseases
- are not able to manage your
diabetes without insulin
- develop diabetes at age <35

Your doctor can screen for
type 1 diabetes through:

- Antibody testing
- Blood glucose testing

POSITIVE

**If your test for
antibodies is**

NEGATIVE

Expect to receive education about:

- Your risk of developing type 1 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 your risk
for or stage of type 1 diabetes.

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

Talk with your doctor about your test
results and next steps for your care.



Talk with your doctor to determine if
you are high risk for type 1 diabetes.