

Understanding Type 1 and Type 2 Diabetes

Diabetes is a problem with your body that causes blood glucose (blood sugar) levels to rise higher than normal. This is also called hyperglycemia.

COMMON SYMPTOMS OF DIABETES

The following symptoms of diabetes are typical. However, some people with diabetes have symptoms so mild that they go unnoticed.



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

There are different types of diabetes—including type 1 and type 2—as well as a condition known as prediabetes.

TYPE 1 DIABETES

Your immune system mistakenly treats the beta cells in your pancreas that make insulin as foreign invaders and destroys them. When enough beta cells are destroyed, your pancreas can't make insulin or makes so little of it that you need to take insulin to live.

DID YOU KNOW?

- Type 1 diabetes doesn't only develop in young people. You can develop it as an adult.
- There have been recent advances in type 1 diabetes screening and treatment.

If you have a family history of type 1 diabetes, your doctor may suggest screening you for it. They will order a blood test to check for the autoantibodies that show that type 1 diabetes is developing. There are treatments and clinical trials that seek to delay the onset of type 1 diabetes in those who are at high risk.

Identifying and monitoring those at risk for type 1 diabetes can help you and your health care team detect diabetes early, and detect and treat diabetic ketoacidosis (DKA) early or prevent it altogether.

TYPE 2 DIABETES

Your body does not use insulin properly—this is called insulin resistance. At first, your beta cells make extra insulin to make up for it. But, over time, your pancreas can't make enough insulin to keep your blood glucose at normal levels.

Type 2 diabetes develops most often in middle-aged and older adults but is increasing in young people.

DID YOU KNOW?

- There are many different types of drugs that can work in different ways to lower your blood glucose (blood sugar). Sometimes one medication will be enough, but in other cases, your doctor may prescribe a combination of medications.



Take our **Type 2 Diabetes Risk Test** to find out if you are at increased risk for having type 2 diabetes at diabetes.org/RiskTest

MANAGING DIABETES

You'll work with your health care team to create a plan that helps you reach your treatment goals. Your plan will include an eating plan, physical activity, and medication.



For more information, visit diabetes.org or call us at 1-800-DIABETES (800-342-2383).