



## T1D 101

### *What Is Type 1 Diabetes?*

Type 1 diabetes (T1D) is a chronic autoimmune disease in which a person's pancreas stops producing insulin, a hormone people need to get energy from food. T1D strikes both children and adults, and its onset has nothing to do with diet or lifestyle. People with T1D depend on external insulin, via injection or infusion with an insulin pump, to survive. There currently is no cure for T1D.

### Types of Diabetes

Diabetes is a disease that disrupts the body's production of insulin, which regulates blood-sugar levels. In T1D, the body does not produce insulin. It is a chronic illness that, if not properly monitored, can be fatal. In type 2 diabetes (T2D), the body does not use insulin properly. With the correct treatment and recommended lifestyle changes, many people with T2D can prevent or delay the onset of associated complications. Though they share the name diabetes, T1D and T2D have different causes, effects and treatments.

	Type 1 Diabetes	Type 2 Diabetes
<b>Cause</b>	Tied to autoimmune, genetic and environmental factors	Tied to aging, a sedentary lifestyle, obesity and genetic susceptibility
<b>Effect</b>	Pancreas cannot produce insulin	Pancreas cannot properly use insulin the body produces
<b>Treatment</b>	Lifelong insulin	Managing diet and exercise, medications, possible insulin treatment
<b>Prevalence</b>	Approximately 5% of diabetes cases	90% - 95% of diabetes cases
<b>Prevention/ Cure</b>	Cannot be prevented or cured currently	Possible to prevent or manage it by diet and/or exercise (for some)

## T1D Facts



**5 million people** are expected to have T1D by 2050 — including a threefold increase of youth cases

**64,000 people** are estimated to be diagnosed each year in the U.S.

**Less than one-third of people** with T1D in the U.S. are achieving target blood-sugar levels

More than **\$16 billion** is spent on T1D-associated direct medical costs in the U.S.

## Signs of T1D

Warning signs of T1D often appear suddenly and sometimes require immediate medical attention. These may include:



Extreme Thirst



Unexplained Weight Loss



Dry Mouth



Frequent Urination



Fruity Odor on the Breath



Drowsiness or Lethargy



Increased Appetite



Heavy or Labored Breathing



Sudden Vision Changes

## Life with T1D

T1D is a disease that requires management 24/7. Insulin doses must be administered many times per day and calculated carefully based on food intake, exercise, stress, illness, the amount of time insulin remains active and other (often unpredictable) factors. People with T1D measure their blood-sugar levels through finger pricks at least six times a day (often much more), or by wearing a continuous glucose monitor (CGM). Even with a strict regimen, people with T1D may still experience dangerously high or low blood-sugar levels that can, in extreme cases, be life-threatening. Every person with T1D must become actively involved in managing his or her disease.

## Finding a Cure

While insulin therapy keeps people with T1D alive, it is not a cure, nor does it prevent the possibility of serious complications from T1D. At JDRF, we fund research to deliver new devices and therapies that make day-to-day life with T1D easier, safer and healthier until we can ultimately cure and prevent this disease.



JDRF exists so T1D won't. Our mission is to improve lives today and tomorrow by accelerating life-changing breakthroughs to cure, prevent and treat T1D and its complications. Learn more about JDRF's T1D resources at [jdrf.org/T1D-resources](https://jdrf.org/T1D-resources).

Every gift takes us one step closer to a cure for T1D. Find out how you can support JDRF and make a difference in the lives of people with T1D by visiting [jdrf.org/donate](https://jdrf.org/donate).

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