Know The Difference

**T1D**

Type 1 Diabetes

- Is an autoimmune disease with potential ties to genetic and environmental factors.
- People with T1D cannot produce insulin.
- Cannot currently be prevented.
- Requires insulin through multiple daily injections or infusion through insulin pump.
- Counting carbohydrates in food and regular physical exercise are important in T1D management.

**1.4MM Americans Diagnosed**

Source: T1D Index

**T2D**

Type 2 Diabetes

- Tied to metabolism and genetic susceptibility.
- People with T2D still produce insulin, but their bodies do not use it as effectively as they should be able to.
- Largely prevented or delayed through diet and exercise.
- Treatment varies on an individual basis. Often begins with dietary modifications, exercise and oral medicines. Some individuals with T2D take insulin shots or wear an insulin pump.
- Reducing carbohydrate intake and regular physical exercise are important in T2D management.

**37MM Americans Diagnosed**

Source: CDC

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Diabetes causes kidney, eye, cardiovascular and nerve diseases.

Complications are not inevitable. Tight blood-sugar control is the only method demonstrated to reduce the risk of developing complications.

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](http://jdrf.org/donate).

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