Learn the Facts About Type 1 Diabetes (T1D)

T1D is an autoimmune disease with potential ties to genetic and environmental factors.

Warning signs include:
- extreme thirst
- frequent urination
- weight loss
- increased appetite
- blurry vision
- fatigue
- fruity breath odor
- headaches
- rapid deep breathing

People with T1D cannot produce insulin, a hormone that regulates blood sugar and enables the body to convert it to energy.

Managing blood-sugar levels with T1D can be difficult as they fluctuate based on stress, exercise, hormone changes, growth spurts, illness, etc.

Living with T1D is a full-time managing act requiring multiple doses of insulin throughout the day through injections or an insulin pump.

1.4MM Americans are living with T1D.

Counting carbohydrates in food and regular physical exercise are important in T1D management.

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To learn more about type 1 diabetes, visit jdrf.org

Every gift takes us one step closer to curing T1D. Find out how you can support JDRF and make a difference in the lives of people with T1D by visiting jdrf.org/donate.

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