

Learn the Facts About Type 1 Diabetes (T1D)

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



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



It can develop at **any** age and currently, there is no way to prevent or cure it.

T1D

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



1.4MM

Americans are living with T1D.

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



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



Warning signs include:



extreme thirst



frequent urination



weight loss



increased appetite



blurry vision



fatigue



fruity breath odor



headaches



rapid deep breathing

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

2022

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.

You can also follow us on:

facebook.com/myjdrf

[@JDRF](https://twitter.com/JDRF)

[@JDRFHQ](https://www.instagram.com/JDRFHQ)

youtube.com/user/jdrfonline