National Diabetes Awareness Month 2023

JDRF FORWARD FOR TYPE 1 DIABETES

WHAT IS TYPE 1 DIABETES (T1D)?

Type 1 diabetes is a condition where **your body's pancreas doesn't make enough insulin**. Insulin is like a key that helps the sugar from your food get into your cells to give you energy.

Type 1 diabetes happens because **your body's own defense system (the immune system) gets a bit confused and attacks the pancreas**, which makes insulin. Scientists are still trying to understand why this happens.

People with type 1 diabetes need insulin, but they can't make it themselves so they can use an insulin pump, injections or an automated insulin delivery system.

People with type 1 diabetes can **still enjoy all of their favorite foods**, but just need to balance it with insulin and make healthy choices.

Having type 1 diabetes can be challenging, but with proper management, **people with T1D can pursue their goals and dreams just like anyone else!**

JDRF is the leading global organization advancing life-changing breakthroughs for type 1 diabetes (T1D) by harnessing the power of research, advocacy, and community engagement. This November, we encourage you to spread awareness for type 1 diabetes and the importance of moving research and breakthroughs forward.

For more information about type 1 diabetes and National Diabetes Awareness Month, visit **jdrf.org/NDAM**.

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.

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