

## TAKE INTO ACCOUNT:

- ❶ Diabetes should not imply significant changes at normal life (despite the specific care with diabetes treatment).
- ❷ For the WELLBEING it is fundamental to learn to live with diabetes in a healthy way.
- ❸ To promote DIABETES ACCEPTANCE and management it is very important to count on family and friends' support, as well as experiences' exchanges with peers – other people with diabetes.

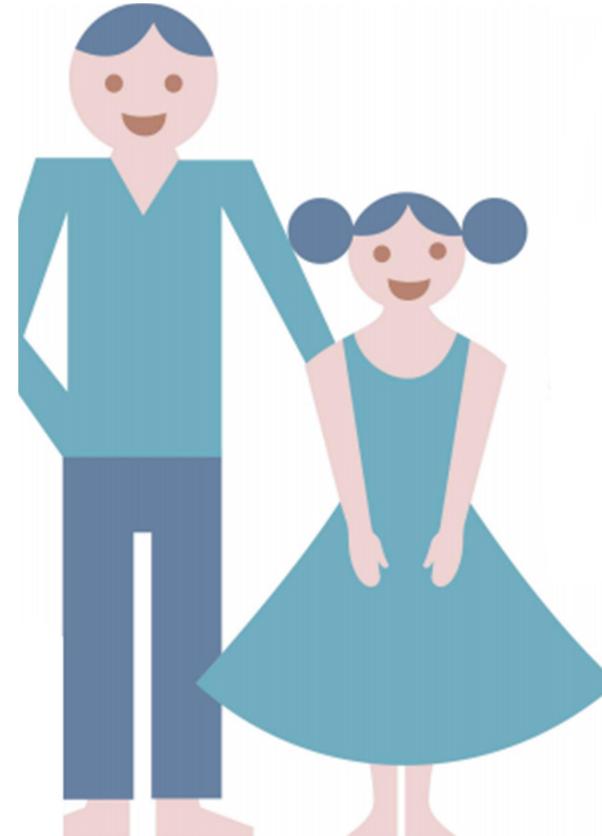
## IT IS IMPORTANT TO KNOW:

- ❶ Children grow up and develop according to a normal pattern development.
- ❷ Young people can achieve a balance between social life and a good diabetes control.
- ❸ Young adults maintain a good metabolic control and quality of life to prevent diabetes late complications.

**IT IS IMPORTANT TO INTEGRATE DIABETES MANAGEMENT IN THE DAILY LIFE TO IMPROVE QUALITY OF LIFE.**

# TYPE 1 DIABETES

Type 1 diabetes is more common during childhood and adolescence



There are 3 important factors for the treatment of type 1 diabetes: insulin therapy, healthy nutrition and regular physical activity, complemented by glycemia monitoring and diabetes management.

# TYPE 1 DIABETES

Diabetes mellitus is a chronic disease characterized by high glucose levels in the blood. The glucose level is called glycemia.

Glucose is the body's main source of energy, coming from digestion and food transformation, such as carbohydrates.

Insulin hormone allows the use of glucose as an energy source for body metabolism.

Insulin is considered "the life hormone" and is produced at pancreas  $\beta$  cells. Its action is related with glucose, lipids and proteins' metabolism, the body's sources of energy.



## TYPE 1 DIABETES

- Type 1 diabetes is more common during childhood and adolescence.
- Pancreas  $\beta$  cells stop producing insulin, due to a self-destruction process. Afterwards, glucose maintains in the blood vessels and the blood glucose levels are getting higher – hyperglycemia.
- It is necessary to introduce insulin therapy since the diagnosis type 1 diabetes.

## TYPE 1 DIABETES CAUSES

- The causes are not totally known. The own body immune system destroys pancreas  $\beta$  cells and stops the insulin production.
- Type 1 diabetes is not related with unhealthy lifestyles, it is not possible to prevent type 1 diabetes.

## SYMPTOMS

Type 1 diabetes appearance is quick and sudden, with several clear symptoms:

- Plenty mictions (Polyuria)
- A lot of thirsty (Polydipsia)
- A lot of hungry (Polyphagia)
- To get thinner quickly
- Tiredness, muscular pain
- Headaches, nauseas, vomiting

## TREATMENT

The objective of the treatment is related to the normalization of blood glucose levels

There are 4 important factors for type 1 diabetes treatment:

- Insulin therapy – fundamental since the diagnosis, because the body cannot produce insulin.
- Healthy nutrition
- Regular physical activity
- Glycemia monitoring is fundamental to manage and control diabetes.

*Knowledge, competences and motivation about diabetes treatment and management are fundamental for the diabetes control and compensation.*