

WHAT IS T1D?



Type 1 diabetes (T1D) is an autoimmune disease caused by a lack of insulin production in the pancreas.

This is due to the pancreas mistaking insulin producing beta cells as a threat and destroying them. Insulin is necessary for your body to convert glucose (aka sugar) into energy.

In other words, you need insulin to live and function.

Type 1 diabetes is the result of a genetic mutation, so having a family member with T1D may increase your chance of developing it.

TYPE 1 VS. TYPE 2

Type 1 Diabetes is very different from the more prevalent Type 2 Diabetes.

The most evident difference is in the causes. Type 1 results from a complex combination of gene mutations, while Type 2, although onset can be influenced by genetics, is caused by insulin resistance developing mainly from life style and age.

Since Type 2 isn't characterized by a lack of insulin production but a slow of it, it is, unlike Type 1, possible to delay or prevent.

Age is also a key difference. Those with Type 1 typically develop it in their youth, whereas Type 2 more often develops in middle age (45+).

However, it's important to note that the onset of Type 1 can also occur during adult hood.

MORE INFO/SOURCES

If you'd like to learn more about Type 1 Diabetes, check out the sources below!

- [BreakThrough T1D](#)
- [Screen for Type 1](#)
- [CDC - About Type 1 Diabetes](#)
- [Mayo Clinic - Type 1 Diabetes](#)
- [Diatribe - Type 1 Diabetes](#)
- [T1D Index](#)

**Links can be found in online brochure at t1des.net



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Sources:

National Diabetes Statistics Report (<https://www.cdc.gov/diabetes/php/data-research/index.html>)

Mayo Clinic - Diabetic ketoacidosis (<https://www.mayoclinic.org/diseases-conditions/diabetic-ketoacidosis/symptoms-causes/syc-20371551>)

TYPE 1 DIABETES

AWARENESS

National Diabetes Month



WHY DOES IT MATTER?

In recent times, T1D cases have been appearing with increasing prevalence. Since the 1950s, incidence of T1D has increased by 3-4% annually. If this trend continues, cases are expected to increase by 65%. Considering these trends, now is the best time to take action.

Diabetic ketoacidosis (DKA) occurs when ketones build up in the blood due to lack of insulin. This can quickly lead to severe vomiting, nausea, trouble breathing, and even coma or death. Risk of DKA is higher for those who are unaware they have T1D and thus have no ways of regulating insulin levels.

Being mindful of symptoms and family history with T1D is the most crucial step in catching Type 1 early, which can prevent a traumatic trip to the ER.

ABOUT TIDES



TIDES is a student-led organization committed to spreading awareness of type 1 diabetes diagnosis and promoting early detection. Through education, advocacy, and community outreach, we aim to reduce misdiagnosis, support early screening efforts, and improve the lives of those affected by type 1 diabetes.

We are focused on spreading Type 1 Diabetes awareness in our local community via both digital and physical platforms. To learn more about us and our work, our social media and website can be found on the back page.

THE FACTS

21%

of participants in 2023 study reported being misdiagnosed with different condition before receiving Type 1 Diabetes diagnosis

“Happens when kids eat too much sugar”

65%

increase projected in Type 1 Diabetes cases by 2060 if rate of cases continues to follow past trends

MISCONCEPTIONS



“HAPPENS WHEN KIDS EAT TOO MUCH SUGAR”

T1D IS CAUSED BY GENETIC FACTORS



“IT ONLY AFFECTS KIDS”

ONSET OF T1D CAN BEGIN IN ADULT HOOD



“BARELY ANYONE HAS IT”

1.7 MILLION ADULTS IN US HAVE T1D, ACCORDING TO 2021 CDC REPORT

SYMPTOMS

Symptoms can appear suddenly and are dangerous if left untreated. Paying attention to your body is crucial!

Do you have ...

- Excessive Thirst
- Frequent Urination
- Sudden Weight Loss
- Extreme Fatigue



Consider contacting your doctor about taking a blood glucose test or getting screened for T1D!

Type 1 often runs in the family, but that's not always the case. If you notice any symptoms, it's important to seek help.

TREATMENT

Since Type 1 is a result of a mutation, it's not preventable or treatable. However, there are many ways to mitigate the effects.

After diagnosis, Type 1 Diabetics will need to take insulin for the rest of their lives. This can be done using insulin pumps or injections using a pen or syringe. A Dexcom or other CGM can also be used in conjunction with a pump or pen to track glucose levels.

It is also possible to detect Type 1 Diabetes before you become fully insulin dependent by screening for autoantibodies. If you have a family history of T1D, consider getting screened.

Ultimately, It's important to understand that despite complications, T1D doesn't inhibit a person's ability to live a healthy, happy life!

