

**AN INFORMATION SHEET FOR SUPPORT PERSONS:**

Type 1 diabetes in children and adolescents

# what is type 1 diabetes?

**Type 1 diabetes occurs when the pancreas is unable to make enough insulin. Insulin is a hormone that acts as a key to let glucose from the food we eat, pass from the blood stream into the cells to provide energy.**

## What are the symptoms?

In diabetes, glucose stays in the blood, causing the blood glucose level to become abnormally high. Symptoms may include:

- Being very thirsty
- Being very tired
- Passing lots of urine
- Tummy pain
- Losing weight
- Feeling generally unwell
- Being dehydrated

## What causes type 1 diabetes?

Some people carry genes which might make them more likely to get type 1 diabetes. However, it only develops in these people when something triggers the immune system to destroy the insulin-producing cells in the pancreas. These triggers are thought to be factors in the environment, but as yet are not well understood. Type 1 diabetes is not related to lifestyle or caused by eating too many sweets. It is not possible to catch diabetes from someone else.

### **Type 1 diabetes is treated by:**

- Lifelong insulin by injection several times a day or by an insulin pump
- Following a healthy eating plan including regular carbohydrate-containing foods
- Being physically active on a regular basis
- Testing blood glucose levels 4–6 times a day
- Having regular medical check-ups with the diabetes team, that may include a diabetes specialist, diabetes educator, dietitian, social worker, psychologist.

**Type 1 diabetes is usually diagnosed during childhood or young adulthood but can occur at any age. People with type 1 diabetes need insulin every day for survival, either by injection or insulin pump.**



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**References:** *Caring for Diabetes in Children and Adolescents*, A Parent's Manual, Combined Children's Services of NSW, Editors G Ambler, V Barron, C May and E Ambler; School Pack, International Diabetes Federation and Diabetes Australia.

## Would you like to join Australia's leading diabetes organisation?

- > Dietary services
- > Educational literature
- > Free magazines
- > Product discounts
- > Children's services
- > Support groups

For more information phone **1300 136 588** or visit your State/Territory Organisation's website:

<b>ACT</b>	<a href="http://www.diabetes-act.com.au">www.diabetes-act.com.au</a>	<b>NSW</b>	<a href="http://www.diabetesnsw.com.au">www.diabetesnsw.com.au</a>
<b>NT</b>	<a href="http://www.healthylivingnt.org.au">www.healthylivingnt.org.au</a>	<b>QLD</b>	<a href="http://www.diabetesqld.org.au">www.diabetesqld.org.au</a>
<b>SA</b>	<a href="http://www.diabetessa.com.au">www.diabetessa.com.au</a>	<b>TAS</b>	<a href="http://www.diabetestas.com.au">www.diabetestas.com.au</a>
<b>VIC</b>	<a href="http://www.diabetesvic.org.au">www.diabetesvic.org.au</a>	<b>WA</b>	<a href="http://www.diabeteswa.com.au">www.diabeteswa.com.au</a>

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