



# Understanding Type 1 Diabetes

You can develop  
type 1 diabetes  
at any age.



## SYMPTOMS OF TYPE 1 DIABETES



Urinating  
often



Feeling  
very thirsty



Feeling very  
hungry—even  
though you are  
eating



Extreme  
fatigue



Blurry  
vision



Cuts/bruises  
that are slow  
to heal



Weight loss—  
even though you  
are eating more

Talk with your clinician about your risk for type 1 diabetes and if you should be tested.

Learning you have type 1 diabetes early lets you take steps early to stay healthy.

### YOUR TYPE 1 DIABETES RISK

If you have a family  
history of type 1 diabetes  
your clinician can screen  
for type 1 diabetes  
through:

- Antibody testing
- Blood glucose monitoring

**POSITIVE**

If you test for  
antibodies

**NEGATIVE**

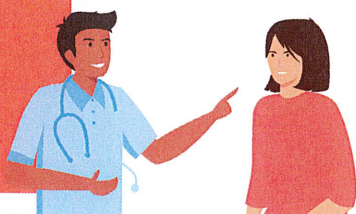
If you test antibody positive, you should  
expect to receive education about:

- Your risk of developing diabetes
- Diabetes symptoms
- Preventing diabetic ketoacidosis (DKA), a  
serious complication of high blood glucose  
that can be life-threatening.

Additional testing may be done to  
determine the course of treatment based  
on the stage of your diabetes.

Talk with your clinician about getting  
tested again in the future.

A positive antibody  
test does not mean  
immediate diagnosis.  
New treatments and  
clinical trials can  
possibly delay the  
onset of type 1  
diabetes.



Talk with your clinician to determine if  
you are high risk for Type 1 diabetes.