

Type 1 Diabetes

What is it?

- Type 1 Diabetes (T1D) is a **lifelong autoimmune disease** that prevents the pancreas from producing insulin.
- **Insulin** is a hormone that helps your body control the amount of sugar in your blood and use the food you eat for energy.
- If you have T1D, your body makes no insulin or very little insulin. **This can lead to serious health problems if left untreated.**

Signs and Symptoms



Increased Thirst

Feeling dehydrated; headaches; toe or leg cramps



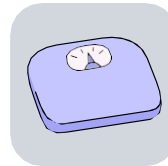
Extreme Hunger

Even if eating regularly



Increased Urination

Wetting the bed; sweet-like urine smell



Rapid Weight Loss

Even if eating regularly



Extreme Fatigue

Can lead to irritability and mood swings



Acetone Breath

Fruity or minty; yucky taste in mouth

Some may also experience blurred vision, extreme vomiting, and abdominal pain.

This is **not** an exhaustive list. Every individual presents symptoms differently.

The [Washington State Department of Health](https://www.doh.wa.gov) has T1D resources that can help if you or someone you know has T1D. Scan the QR code for:

- Support groups for youth, and families
- Local and national resources
- Projects from the state T1D collaboration workgroup



Questions? Please email CYSHCN@doh.wa.gov

Learn more: [Children and Youth with Special Health Care Needs program](#)

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