Learn the Facts About Type 1 Diabetes (T1D)

T1D is an **autoimmune disease** with potential ties to genetic and environmental factors.

Living with T1D is a **full-time** managing act requiring multiple doses of insulin throughout the day through injections or an insulin pump.

Managing blood-sugar levels with T1D can be **difficult** as they fluctuate based on stress, exercise, hormone changes, growth spurts, illness, etc.

It can develop at **any age** and currently, there is no way to prevent or cure it.

People with T1D **cannot** produce a hormone called insulin, that regulates blood sugar and enables the body to convert it to energy.

Counting carbohydrates in food and regular physical exercise are important in T1D management.

**Warning signs** include:

- extreme thirst
- frequent urination
- weight loss
- increased appetite
- blurry vision
- fatigue
- fruity breath odor
- headaches
- rapid deep breathing

1.25M Americans are living with T1D.

To learn more about type 1 diabetes, visit [jdrf.org](http://jdrf.org)

Every gift takes us one step closer to a cure for T1D. Find out how you can support JDRF and make a difference in the lives of people with T1D by visiting [jdrf.org/donate](http://jdrf.org/donate).

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