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**Type 1**  
**Diabetes**  
**Information**  
**Pack**



## What is diabetes and what causes Type 1 diabetes?

Diabetes occurs when there is too much sugar in your blood.

Normally, after we eat, various foods are broken down in the stomach into sugars which are then used by the body. The main sugar is called glucose.

## Management

To successfully manage your diabetes you must -:

- ✓ Take insulin as required
- ✓ Check your blood glucose levels
- ✓ Exercise regularly
- ✓ Eat healthy foods
- ✓ Check your feet for sores or cuts

## Who will you see?

Most people with Type 1 diabetes attend a diabetes clinic where doctors, nurses, dieticians, chiropodists see you to make sure you are ok.

It is important that you keep all your appointments.

To remain healthy, your blood glucose level should not go too high or too low.

A hormone called insulin helps to take glucose from the bloodstream into various cells of the body. This helps to keep the blood sugar normal.

## Treatment

You will need insulin injections for the rest of your life. Most people take 2-4 injections each day.

You should aim to eat a low fat, high fibre diet with plenty of starchy foods, fruit and vegetables. This means things like potatoes, pasta and bread.

But, you will need to know how to balance the right amount of insulin for the amount of food that you eat.

So, you will normally be given a lot of instruction and advice from a dietician and diabetes nurse.

## To Stop Anything going Wrong.

Your blood pressure should be well controlled.

Medication may be needed for this.

You should try not to smoke, to exercise regularly, and to lose weight if you are overweight.