



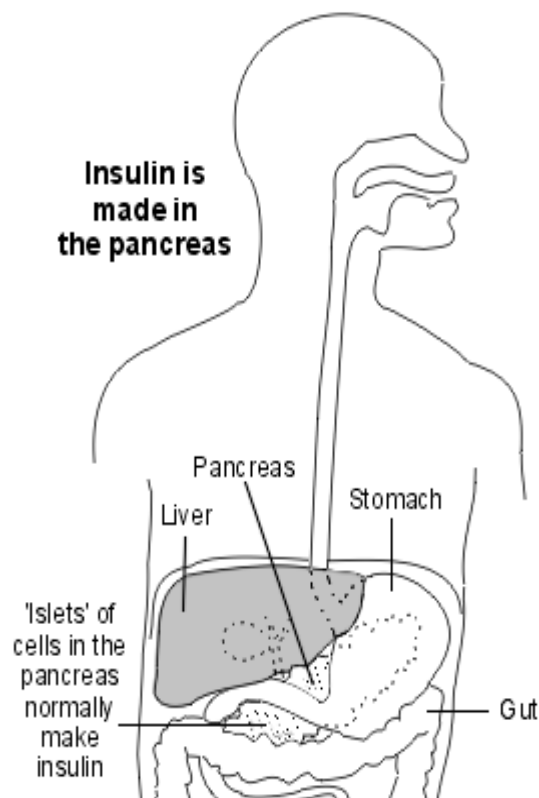
PARENT FACTSHEETS

What is Type 1 Diabetes

Insulin dependent (**Type 1**) diabetes is the most common form of diabetes to effect children and adolescents. Type 1 diabetes occurs when the pancreas is unable to make enough insulin to meet the needs of the body. Currently, there is no single or preventable cause of type 1 diabetes, although there is much research currently underway to help find a cure for Type 1 diabetes.

Insulin

Insulin is made in a gland in the body called the pancreas, which is located just below the stomach. Insulin is a hormone needed to move glucose from the blood stream into the body's muscles and cells for energy.



Glucose (Sugar)

The glucose in our blood comes from the food we eat containing carbohydrates. Carbohydrates once eaten and digested in the stomach are broken down into glucose (sugar) and absorbed into the blood. Glucose is used for energy by the body's cells.

Insulin & Glucose

Insulin is needed to move the glucose from the blood stream into the bodies cells for energy or to be stored in the body until it is required. When there is not enough insulin in the body, glucose builds up causing your blood glucose levels to become elevated. The body then starts to use fat as a source of energy. If fats are used for energy, harmful substances called ketones build up in the blood. This build up can make children/young people with diabetes feel ill and cause weight loss.

What is Type 2 Diabetes?

Non insulin dependent diabetes (**Type 2**) is the most common form of diabetes affecting all people including children, though is seen more commonly in adults. Unlike Type 1, Type 2 diabetes is characterised by what is referred to as 'insulin resistance'. This means that the pancreas is making insulin but the insulin is not working as well as it should. Eventually it can't make enough to keep the blood glucose levels stable.

Treatment of Type 2 diabetes varies from adapting a healthy lifestyle, to tablets and or insulin. People with Type 1 diabetes cannot have tablets. This is because insulin is a hormone made of protein which cannot be given by mouth as it will be destroyed by the digestive juices and acids in our stomach.

