I have type 1 diabetes.

What is diabetes?

Diabetes means an excessively high blood glucose level. There are two main types of diabetes:

Type 1 diabetes is an illness which is caused by the cells which produce insulin being destroyed. A lack of insulin leads to high levels of glucose in the blood and feelings of sickness. With type 1 diabetes, insulin must be supplied to the body through insulin injections or an insulin pump. If the body does not receive insulin, you can suffer from ketoacidosis, which is an acute and potentially life-threatening condition.

Type 2 diabetes often occurs later in life, with gradually deteriorating insulin function. This disease is treated with tablets or injections.

What is insulin?

Insulin is a hormone which regulates blood glucose. Insulin makes it possible for the glucose in the blood to be absorbed into the cells of the body and used as energy. Insulin thereby reduces blood glucose. If the body does not receive sufficient insulin, blood glucose increases and you feel unwell.

Why do I have type 1 diabetes?

Nobody knows for certain what causes type 1 diabetes or why the cells which produce insulin are destroyed. It is not your fault that you have type 1 diabetes and it has nothing to do with what you ate or did before contracting the disease.

Why are blood glucose checks important?

Excessively high blood glucose levels over an extended period of time are bad for your health and increase the risk of damage to blood vessels, eyes, kidneys and nerves. In the long term, the risk of things such as heart attacks, strokes, foot ulcers and kidney failure increases.

| Heart attack | Stroke | Nerve damage | Reduced kidney function | Eye damage |
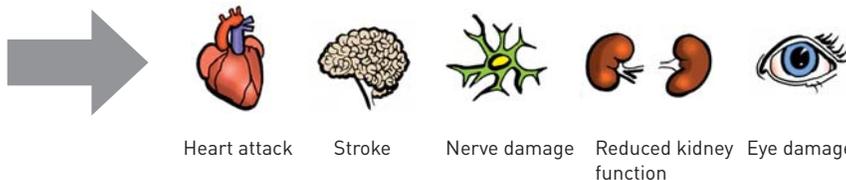
The aim is to keep blood glucose at a good level and avoid large fluctuations during the course of the day.

How is type 1 diabetes diagnosed?

Type 1 diabetes is diagnosed by measuring blood glucose levels.

What is type 1 diabetes?

Diabetes means that your blood glucose levels are increased.

With type 1 diabetes, the cells which produce insulin are destroyed. A lack of insulin leads to high levels of glucose in the blood and feelings of sickness.

Why are blood glucose checks important?

It is normal for blood glucose to increase after eating, but excessively high blood glucose levels over an extended period of time can damage blood vessels, eyes, kidneys and nerves.

Checking your blood glucose level reduces the risk of damage to these organs.

If you require more information, you can ask your doctor or nurse. You are also welcome to contact Medical Information at Lilly.

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