Type 1 diabetes is a lifelong disease that develops when the pancreas stops making insulin.

Insulin is a hormone that lets sugar, or glucose, move from the blood into the body's cells. The cells use the sugar for energy or store it for later use.

If sugar cannot move from the blood into the cells, your blood sugar gets too high and your cells cannot work right. In addition, the high blood sugar itself can cause serious problems.

Type 1 diabetes can develop at any age. But it typically develops in children and young adults, usually before age 30. Because of this, type 1 diabetes used to be called juvenile diabetes.

It has also been called insulin-dependent diabetes mellitus because a person with type 1 diabetes needs to take insulin.

What are the symptoms?
Symptoms of type 1 diabetes usually start quickly, over a few days to a few weeks. Often symptoms are first noticed after an illness, such as the flu.

The early warning signs of diabetes are easy to miss. Watch for these symptoms:

- You need to urinate often.
- You are very thirsty a lot of the time.
- You are hungrier than usual.
- You lose weight.

As blood sugar levels rise, the symptoms may get easier to notice:

- You have blurred vision.
- You feel drowsy.
- You breathe very fast.
- You have a strong, fruity breath odor.
- You do not feel hungry.
- You have belly pain.
- You vomit.
- You have flushed, hot, dry skin.

How is type 1 diabetes treated?
Treatment focuses on keeping your blood sugar level as close to your target range as possible.

You can control your blood sugar if you:

- Follow the diet your doctor or registered dietitian gives you.
- Take your insulin.
- Follow the exercise program your doctor gives you.
- Keep a daily log of your blood sugar levels. Take the log with you every time you go to the doctor. Many blood sugar monitors have
programs that let you look back at your blood sugar over days, weeks, or even months. This helps you see how your blood sugar control may need to be improved.