



PROHEALTHY

Education for our patients and families

Type I Diabetes (Diabetes Mellitus)

What does it mean to have Type 1 Diabetes?

- Diabetes affects the way your body uses food. It causes blood sugar levels (called glucose) to be too high.
- Your body breaks down food into glucose, which gives all the cells in your body energy to work.
- The pancreas is the organ in your body that makes a hormone called insulin. Insulin lets the glucose move into the cells. Without insulin, glucose stays in your blood stream and doesn't get where it needs to go. Type 1 diabetes means that your pancreas is not making insulin.
- Type 1 diabetes usually has a sudden onset.
- Usually occurs before age 40, but can be diagnosed at any age.

What are symptoms?

- Having to urinate more often than usual
- Feeling tired
- Feeling thirsty more
- Dry or itchy skin
- Getting infections more often
- Have wounds or sores that are slow to heal
- Blurry vision
- Weight changes

How is it Diagnosed?

According to the American Diabetes Association:

- Fasting (no food or drink for at least 8 hours) blood sugar of more than 126 **OR**
- Symptoms of diabetes and blood sugar of 200 mg/dl or more

What can I do?

- Keep your blood glucose in the target range set by you and your health care team
- Follow guidelines for healthy meal planning
- Check your blood glucose levels at home using a meter as instructed by your healthcare provider
- Exercise as directed by your healthcare provider
- Take insulin as directed. Insulin needs to be given in the form of injections, usually several times per day.
- See your healthcare provider on a regular basis.
- Learn all you can about diabetes



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*The information in this handout is not meant to replace the advice from your own doctor. Please ask your doctor any questions you may have.
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Long Term Complications of Type 1 Diabetes

Having type 1 diabetes increases your risk for many serious complications.

Some of these complications are:

- Heart disease (cardiovascular disease), blindness (retinopathy), nerve damage (neuropathy), and kidney damage (nephropathy).

How do I prevent these complications?

- Control your blood sugar, follow your meal plan, and include regular physical activity (exercise) into your day.
- There are certain lab tests and exams that are recommended to prevent complications of diabetes. Please see “Standards of Care for People with Diabetes” handout.

Other Care Tips:

- You are the most important member of your health care team
- Only you know how you feel. We will depend on you to talk to them honestly and give information about your body
- Your doctor, nurse educator, and dietician will help you learn about taking care of yourself.
- Include family members and friends who can support you.

Who can I call for questions?

ProHealth Care has a team of diabetes specialists-nurses, nurse practitioners, and dieticians-who can help. We also offer classes and individual education to meet your needs. Call us at (262) 928-4695

For more information contact:
PHC Diabetes Center at (262) 928-4695

Please call your doctor for any questions or concerns you may have regarding this information.



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