Understanding type 1 diabetes

Types of diabetes

Doctors have identified three main types of diabetes: Type 1, type 2 and gestational diabetes. About 90 to 95 percent of people with diabetes have type 2, which is when the body doesn’t use insulin well, says the CDC. Typically, a healthy lifestyle or lifestyle changes can help prevent type 2 diabetes.

Gestational diabetes is an often temporary form of diabetes that occurs during pregnancy. Type 1 diabetes, though rare, may be most concerning because it is thought to be an autoimmune condition. Also, it must be managed throughout life.

Type 1 diabetes

Type 1 diabetes is a chronic condition that occurs because the pancreas produces little or no insulin. Very often it appears during childhood or adolescence, which is why it was once known as juvenile diabetes. Some experts think the body attacks itself by mistake, resulting in the body’s cessation of insulin production.

Type 1 diabetes has no cure. Treatments are designed to manage blood sugar levels and prevent complications. Over time, type 1 diabetes complications can affect major organs like the eyes, kidneys, nerves, and heart. That is why moderating blood sugar levels is crucial.

Most type 1 diabetes patients try to balance their bodies’ glucose and insulin demands through measured diets, testing and daily insulin injections. The American Diabetes Association says diabetes technology continues to evolve, and blood glucose meters and continuous glucose monitoring systems have made testing more convenient and comfortable. CGMs work through a sensor placed on the skin. They monitor and report on glucose in real-time and alert when the glucose rises or lowers to certain predetermined limits. They are often preferred by those with type 1 diabetes to reduce finger pricks throughout the day. Furthermore, insulin pumps and other devices are easier to use and less invasive. They can deliver insulin continuously to keep levels