



## Know the signs of type 1 diabetes.



### Thirsty

Being constantly thirsty and not being able to quench it.

### Thinner

Losing weight without trying to, or looking thinner than usual.



## 4Ts

### Toilet

Going for a wee more regularly, especially overnight.



### Tired

Feeling incredibly tired, lethargic and having no energy.



Other symptoms associated with high glucose levels to look out for:

### Blurred Vision



### Fruity Smelling Breath

### Thrush

Cuts and grazes that are not healing.



Type 1 diabetes is an auto-immune condition in which the body's own immune system attacks the cells in the pancreas which produce insulin. We do not know what causes type 1 diabetes, although it is not linked to lifestyle factors. There is currently no cure and it cannot be prevented.

**Know the signs and symptoms of type 1 diabetes and you could help save a life!**