

Diabetes Awareness Month

KNOW YOUR FACTS

Type 1 diabetes is an autoimmune condition and is not caused by any lifestyle factors.

There are approximately 400,000 people living with type 1 diabetes in the UK, 29,000 of these are children and young people.

There are many different types of diabetes, and type 1 diabetes accounts for approximately 10% of all cases.

The body attacks the cells in the pancreas that makes insulin, stopping the production of insulin.

People living with type 1 diabetes have to inject insulin several times a day or use an insulin pump to deliver a constant supply of insulin.

People living with type 1 diabetes have to monitor their blood glucose levels continuously and match their insulin to the carbohydrates they eat.