

Emergencies that can occur due to type 1 Diabetes

- Diabetic ketoacidosis / Excessively high blood sugar levels – This condition happens when insulin injections are not taken properly. When you fall sick and if you can't take meals or have excessive vomiting or can't take insulin injections, go to the closest hospital immediately since this is a dangerous condition.
- Reduction of blood sugar level less than 70mg/dl is called hypoglycaemia. In this condition you may experience symptoms like excessive sweating, faintishness, tremulousness and fatigue.
- In such instances, it's better to take glucose or something sugary. To avoid such conditions make sure you take your meals on time.

POINTS TO REMEMBER

- Remember to take insulin injections when you fall sick.
- Make sure to take an extra snack or reduce the insulin dose when you are exercising since your blood glucose level can go down. Consult your doctor for further information.



Complications that can result from type 1 Diabetes

- Kidney impairment
- Visual impairment
- Peripheral nerve damage
- Leg ulcers and amputations
- Heart attack
- Stroke
- Peripheral vascular disease

You can prevent these complications by maintaining the blood sugar level in the optimal range by taking proper treatment and making appropriate life style changes.

Type 1 Diabetes



Insulin is the hormone that is mainly responsible for the control of blood sugar. It is produced by the pancreas. Type 1 diabetes occurs due to reduced or absent production of insulin and resultant increase of blood sugar. This type of diabetes is seen mostly in children and adolescents.

Symptoms



Increased urination



Excessive thirst



Excessive hunger



Frequent infections



Excessive fatigue



Loss of Weight



Visual impairment

How to confirm the diagnosis?

- A blood sugar test done after 8 – 10 hours fasting (≥ 126 mg/dl)
- HbA1C test ($\geq 6.5\%$)
- The two hour value after an oral glucose tolerance test ≥ 200 mg/dl



Treatment for type 1 diabetes

- The main treatment is insulin injections. You may have to take 2 to 4 injections of insulin per day according to your doctor's advice



If you are injecting insulin twice a day

- Your doctor would prescribe you a pre – mixed insulin

If you are injecting 4 times a day



- Your doctor would prescribe you 3 injections of a short acting insulin and one injection of a long acting insulin per day.
- Measure and record the blood sugar levels before insulin injections and submit it to the diabetes clinic.

Date	Before breakfast	Before lunch	Before dinner	Before bed time

What is the diet a patient with type 1 diabetes should take?

- You should take 3 main meals a day on time and you should take a main meal as demonstrated below.
- Ask from your doctor if you need additional insulin doses if you are taking a snack in between the main meals.
- Be mindful to always keep a constant amount of starch (carbohydrate) in your meals.
- Try to minimize sugar and other sugary food in your meals.

