



National Diabetes Week –14 to 20 July

In 2019, National Diabetes Week, arranged by Diabetes Australia, will continue to raise awareness about the importance of early detection and early treatment for all types of diabetes.



Essentially, diabetes is about the body's ability (or lack of it) to produce the required amount of a hormone called insulin to control glucose levels in the blood.

Two types of diabetes

Type 1

Type 1 diabetes can occur at any age however it is more common in childhood with two Australian children diagnosed each day.



Type 1 Diabetes is when the pancreas (a gland) stops producing insulin due to the destruction of insulin cells by the person's own immune system. When insulin is not produced, the body cannot bring the sugar (carbohydrates) that we eat into the cells which gives us energy to live. This results in the buildup of sugar in the blood.

People with Type 1 Diabetes must inject insulin every day as their body can no longer produce its own source of insulin. Unlike Type 2 Diabetes, Type 1 Diabetes is not associated with lifestyle factors such as diet or weight.



Type 1 diabetes symptoms can include:

- Extreme thirst
- Constant hunger
- Sudden weight loss
- Frequent urination
- Blurred vision
- Nausea
- Vomiting
- Extreme tiredness
- Infections

Diabetes TYPE 1

AGE UNDER 30

Reasons

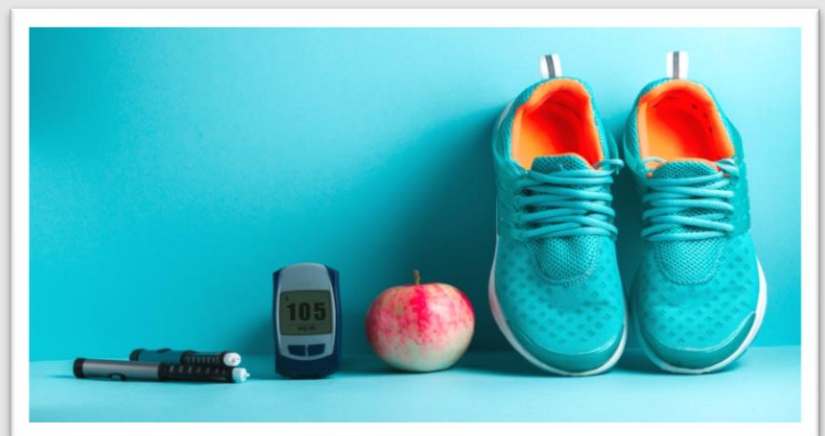
- PAST VIRAL INFECTION
- GENETIC PREDISPOSITION

Symptoms

- EXCESSIVE THIRST
- FREQUENT URINATION
- WEIGHT LOSS
- BLURRED VISION
- FATIGUE

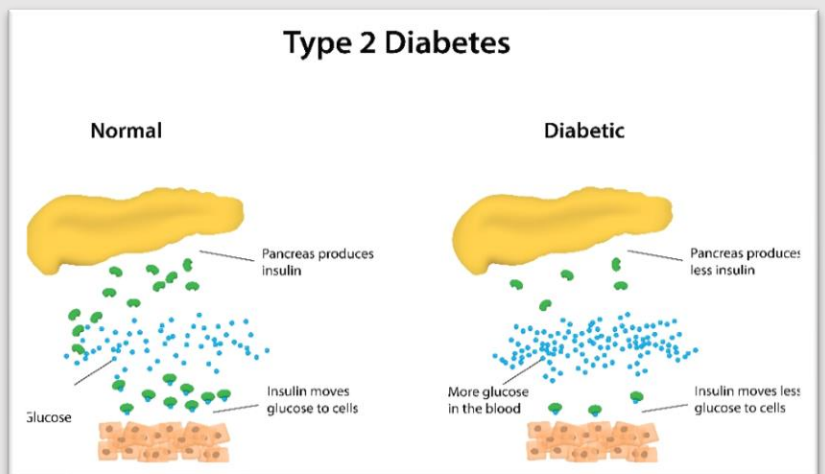
Type 2

Type 2 diabetes is defined more commonly as a lifestyle disease as it is generally diagnosed in individuals with excess weight, poor diet, limited physical activity, elevated blood pressure and a family history of diabetes.



Type 2 Diabetes occurs when the cells in the body do not respond to insulin correctly and the pancreas cannot produce enough insulin, therefore the sugar remains in the blood stream instead of being taken into the cells.

Type 2 Diabetes is often diagnosed later in life, however in recent years a greater proportion of younger Australians are being diagnosed with Type 2 Diabetes.



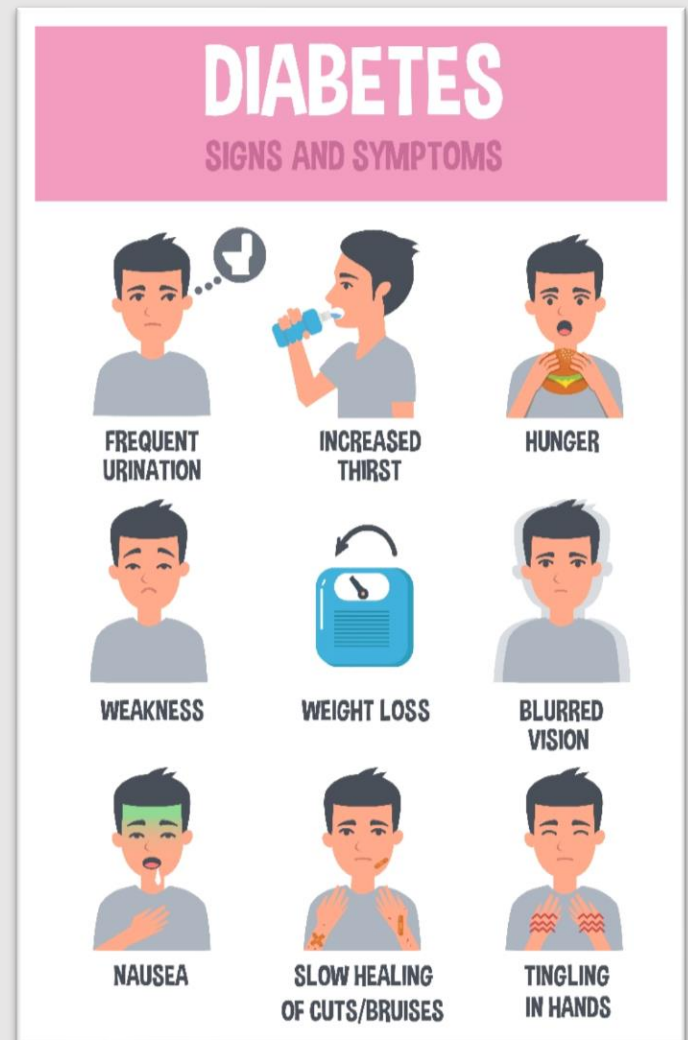
Symptoms of Type 2 Diabetes includes:

- Excessive thirst
- Needing to urinate more frequently
- Cuts healing slowly
- Increase in weight
- Continual hunger
- Feeling of tiredness
- Blurred vision

However, it is common for individuals with Type 2 Diabetes to show no symptoms, it is more generally managed by a combination of dietary control and medication in the form of tablets.

It's very important that people with diabetes maintain good control of their condition to help reduce and avoid long term complications, and there have been huge advances in this area over recent years.

If you think yourself or someone in your care has the symptoms of Type 1 or Type 2 Diabetes, please book an appointment with your GP who will arrange the appropriate tests.



For information regarding childhood diabetes: [Juvenile Diabetes Research Foundation](http://www.jdrf.org.au/)

Resources:

<https://www.jdrf.org.au/>

<https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/diabetes-type-1>

<https://www.diabetesaustralia.com.au/type-1-diabetes>