

What is Type 1 Diabetes: Fact Sheet

- **Type 1 diabetes is an autoimmune disease where the body's own immune cells attack the cells in the pancreas that make insulin.**
- **In type 1 diabetes the body cannot make any insulin.**
- **People with type 1 diabetes need insulin injections to stay alive.**
- **There is nothing you or anybody else did to cause the diabetes and there is nothing that can be done to prevent it happening. Without insulin our bodies cannot get energy from our food.**
- **If there is no insulin the body will break down fat to use as an alternative energy source.**
- **Insulin must be injected, it can't be taken as a tablet.**
- **Ketones are produced when there is not enough insulin in the body.**
- **Ketones can cause a condition known as ketoacidosis and need to be treated immediately.**