

## Diabetes – Some Facts

Diabetes simply means having too much glucose in your blood.

Knowing the symptoms of Type 1 diabetes is vital. Up to five children and teenagers are diagnosed each week with Type 1 diabetes in Ireland with 10% having a late diagnosis resulting in critical illness.

Type 1 diabetes is an autoimmune condition affecting 1 in 500 children with onset over days or weeks. During 2014, 1 in 6 children diagnosed with Type 1 diabetes were admitted to hospital with Diabetic ketoacidosis (DKA), as a result of late diagnosis.

A simple finger prick test can alert you to current glucose levels. If elevated, urgent medical attention is needed as time is precious. People with Type 1 diabetes need insulin daily for life.

If your child is unwell without a definite cause, check for Type 1 diabetes by asking your doctor to do a finger prick blood glucose level now.



Irish Childhood National Diabetes Register  
generously funded by the National Children's  
Hospital Foundation and supported by the  
University of Dublin, Trinity College Dublin.

Phone: 085-2896164

Email: [diabetes.register@tcd.ie](mailto:diabetes.register@tcd.ie)

Diabetes  
Ireland

Web: [www.diabetes.ie](http://www.diabetes.ie)

Diabetes Helpline: 1850 909 909

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Diabetes  
Ireland

# TYPE 1 DIABETES

## KNOW THE WARNING SIGNS



Watch out for these symptoms in young children and teenagers.

## Signs and Symptoms

The four main symptoms of Type 1 diabetes are easy to remember:

- **Thirst:** Excess drinking, unable to quench thirst.
- **Toilet:** Frequent urination, particularly at night.
- **Tiredness:** Lack of energy, sleeping more than usual.
- **Weight loss:** Rapid weight loss over a short period.

If these symptoms present themselves, **immediate attention** is needed. A simple blood glucose (finger prick) test by your GP can check for Type 1 diabetes.

### Less common symptoms:

- Increased hunger
- Lack of concentration
- Vomiting and abdominal pain
- Constipation
- Bedwetting
- Mood swings
- Frequent infections
- Itchy skin infections

*In children under the age of two, symptoms may not be immediately obvious.*

## Diagnosed with Diabetes?

A diagnosis of diabetes can be stressful for all the family. You are not alone; your doctor and the diabetes team will help you learn about the condition and how to manage it effectively. If you have any questions do not be afraid to ask.

## How do I know if my diabetes is under control?

Monitoring your blood glucose levels regularly, adjusting your insulin to your dietary intake, and physical activity will help maintain good diabetes control. Your diabetes team will help and support you.

## Type 1 and Type 2 diabetes are very different conditions

**Type 1** diabetes, the most common type of diabetes in young people is an auto-immune condition. The cause is not yet known. Daily insulin therapy is needed to replace the insulin the body has stopped producing. Treatment also includes a healthy diet and regular physical activity similar to recommendations for all people.

**Type 2** diabetes is where the pancreas produces some insulin, but not enough. Type 2 diabetes most commonly occurs in adults. Treatment involves following a healthy diet, regular physical activity and taking prescribed medications orally or by injection.

It is important to learn about diabetes and keep up to date with new treatments and other developments as they happen. You can do this by simply contacting Diabetes Ireland on 1850 909 909 to request an information pack or by contacting your local diabetes team.



## Diabetes Ireland

Diabetes Ireland is a national charity dedicated to providing support, education and motivation to people with diabetes.

### Services include:

**Patient Support** via our lo-call diabetes helpline and local volunteer support groups.

**Access to a wide range of diabetes information leaflets** and our quarterly magazine "Diabetes Ireland"; online support and information via [www.diabetes.ie](http://www.diabetes.ie)

**Support for children with diabetes and their families** via our Sweetpea Kidz Club, adolescent adventure activities, family weekends and parent support groups.

Access to **direct professional healthcare** chiropody & podiatry (foot care), dietetic and counselling services at our Diabetes Care Centres.

Access to **community based patient health education** conferences and structured education programmes.

Co-ordinating national and local diabetes **awareness** campaigns about the symptoms and risk factors for Type 1 and Type 2 diabetes.

**Health promotion** initiatives including: schools awareness, workplace awareness, early detection and prevention initiatives and diabetes screening.

Funding Irish and international **research** via our subsidiary charity 'Diabetes Ireland Research Alliance'.