

Diabetes: Type 1 vs. Type 2

Diabetes is on the climb - but there is a difference between Type 1 and Type 2. Do you know it?

Type 1 Diabetes

Type 2 Diabetes

Your body is no longer able to produce insulin



Why

Your body still produces insulin, but it doesn't make enough of it or it doesn't use it efficiently

Usually develops during childhood, but can develop at any age



Age

Can develop at any age but is most common in adults over 45

Family history



Risk Factor

- Overweight and/or inactive
- Family history
- High blood pressure

- Bedwetting
- Blurry vision
- Frequent urination
- Increased appetite & thirst
- Mood changes, irritability
- Tiredness and weakness
- Unexplained weight loss



Symptoms

- Increased appetite & thirst
- Dark patches on armpits/neck
- Frequent urination
- Blurry vision
- Tiredness & weakness
- Unexplained weight loss

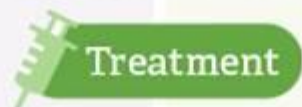
No known prevention methods



Prevention

Healthy lifestyle

Insulin injections



Treatment

Healthy living, possible insulin support



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