

DIABETES: TYPE 1 vs. TYPE 2

According to the CDC, over 38 million people in the U.S. have diabetes. There are two main types of diabetes — do you know the difference between them?

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 doesn't use it efficiently

Usually diagnosed during childhood, but can develop at any age

AGE

Can develop at any age, but is commonly diagnosed in adults over 45

Family history

RISK FACTORS

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

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

SYMPTOMS

- + Blurry vision
- + Frequent urination
- + Dark patches on armpits and neck
- + Slow-healing sores or frequent infections
- + Increased appetite and thirst
- + Tiredness and weakness
- + Unexplained weight loss

No known prevention methods

PREVENTION

Maintaining good nutrition and exercise

- + Insulin injections
- + In early stages, may be prescribed a medication to help delay the onset of stage 3 Type 1 diabetes

TREATMENT

- + Maintaining a healthy lifestyle through good nutrition and exercise
- + Sometimes insulin support is needed