

Type 1 Diabetes

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Purpose of Study

Type 1 diabetes is a chronic condition that affects millions of people worldwide. It is a disease that occurs when the pancreas does not produce enough insulin. Insulin is a hormone that helps regulate blood sugar levels. This poster will give a summary of type 1 diabetes the, causes, symptoms, and treatment options.

Background

Type 1 diabetes, also known as juvenile diabetes, is a condition that develops in children and young adults, but it can occur at any age. It is an autoimmune disease. This means that the immune system attacks and destroys the cells in the pancreas that produce insulin. Without insulin, the body cannot regulate blood sugar levels, which can lead to a variety of health problems.

Symptoms

Some of the most common symptoms of type 1 diabetes include:

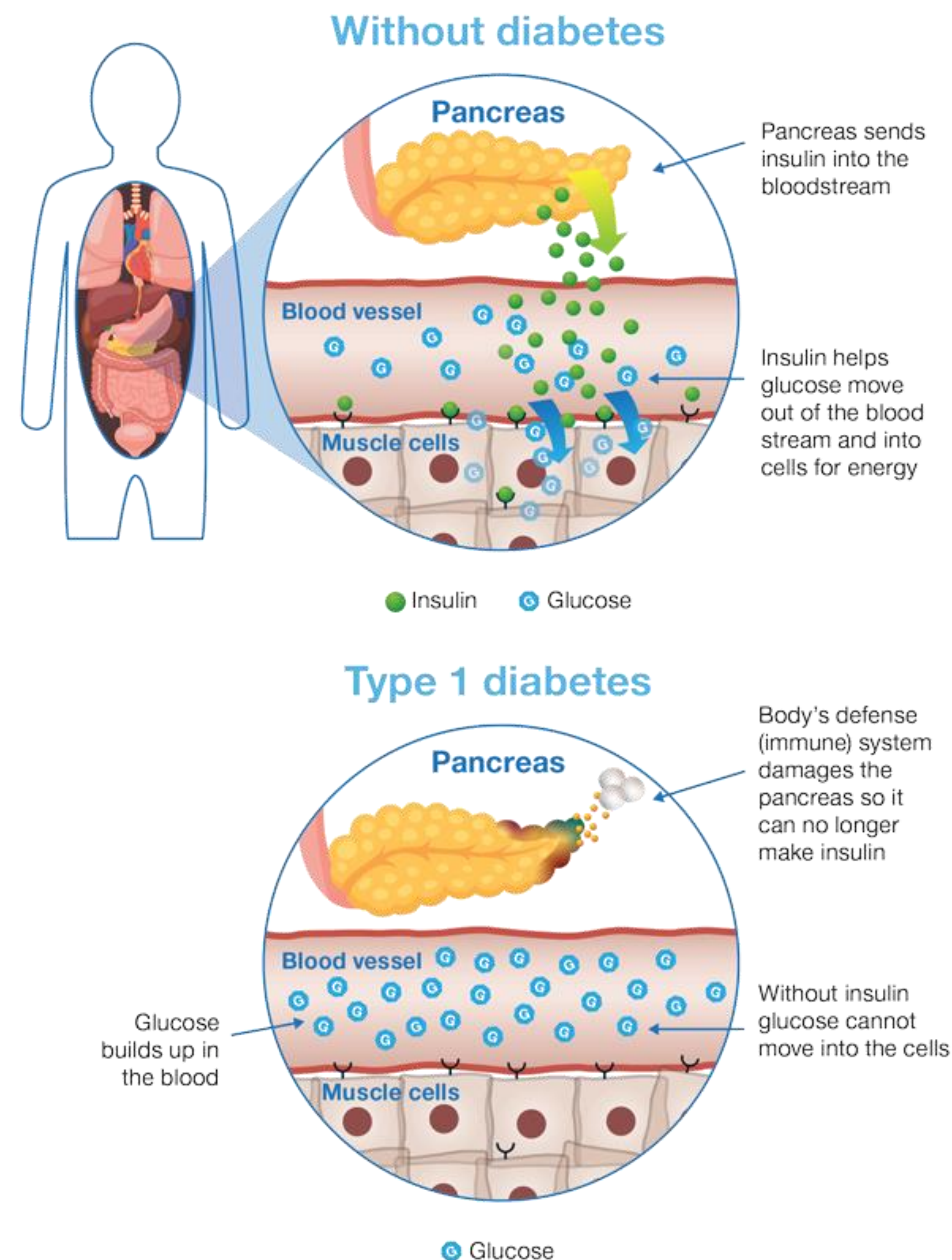
- Excessive thirst
- Frequent urination
- Fatigue
- Increased hunger
- Unintentional weight loss
- Blurred vision

Causes of Type I Diabetes

The exact cause of type 1 diabetes is unknown, but it is believed to be a combination of genetic and environmental factors. Type 1 diabetes may happen because the body attacks itself this is called an autoimmune reaction. This reaction destroys the cells in the pancreas that make insulin. This can happen for months and years before someone has any symptoms they notice.

Treatment

There is no cure for type 1 diabetes, but it can be managed with insulin therapy. People with type 1 diabetes need to take insulin injections or use an insulin pump. This helps them regulate their blood sugar levels. They also need to monitor their blood sugar levels regularly. It is recommended that they make lifestyle changes such as eating a healthy diet and exercising regularly.



Type 1 diabetes

10%

The body does not produce insulin

NO

Type 2 diabetes

90%

The body produces insulin but is not used efficiently

CAN BE PREVENTED

HEALTHY & BALANCED EATING

APPROPRIATE BODY WEIGHT

MODERATE PHYSICAL EXERCISE
(E.G. WALKING 30 MINUTES A DAY)

HOW TO PREVENT?

Data

Type 1 diabetes is less common than type 2. About 5-10% of people with diabetes have type 1.

Addressing the Disparity

Type 1 diabetes is most often diagnosed in children, teens, and young adults. Rates are different depending on your race and ethnic group. During 2002–2010, Hispanic children and adolescents had the largest increases in type 1 diabetes compared to other groups. More education around the signs and symptoms of Type I diabetes is needed.

Conclusion

Type 1 diabetes is a chronic condition that affects millions of people worldwide. It is an autoimmune disease that occurs when the pancreas does not produce enough insulin. While there is no cure for type 1 diabetes, it can be managed with insulin therapy, regular monitoring of blood sugar levels, and lifestyle changes. By understanding the causes and symptoms of type 1 diabetes, we can take steps to manage the condition and improve our overall health.

References

Data was obtained from:
The Centers for Disease Control and Prevention
PUBMED
WedMD
Mayo Clinic
Photo Cred: <https://www.ndss.com.au/wp-content/uploads/diabetes-explainer-type-1-600px.png>
https://www.patiadiabetes.com/wp-content/uploads/2016/01/prevent_diabetes.png