



# Type 1 Diabetes Information Sheet

Pursuant to California Education Code Section 49452.6, type 1 diabetes informational materials are to be provided to the parent or guardian of a pupil when the pupil is first enrolled in elementary school.

Type 1 diabetes in children is an autoimmune disease that can be fatal if untreated, and the guidance provided in this information sheet is intended to raise awareness about this disease.

## **What is Type 1 Diabetes?**

- The body turns the carbohydrates in bodies into glucose (blood sugar), which is the basic fuel for the body's cells
- The pancreas makes insulin. Insulin is a hormone that moves glucose from the blood into the body's cells.
- In type 1 diabetes, the body's pancreas stops making insulin, and the levels of glucose in the blood rise.
- Over time the glucose levels in the blood may become dangerously high. When this happens, it is called "hyperglycemia".
- If left untreated, hyperglycemia can result in diabetic ketoacidosis (DKA), which is a life-threatening complication of diabetes.
- Type 1 Diabetes usually develops in children and young adults but can occur at any age.

## **Risk factors Associated with Type 1 Diabetes**

- Researchers do not completely understand why some people develop type 1 diabetes.
- Having a family history of type 1 diabetes can increase the likelihood of developing type 1 diabetes.
- Other risk factors may include environmental triggers, such as viruses.
- Type 1 diabetes is not caused by diet or lifestyle choices.

## **Warning Signs and Symptoms Associated with Type 1 Diabetes**

Warning signs and symptoms may develop quickly, in weeks or months. If your child displays the warning signs below, contact your child's health care provider to determine if screening your child for type 1 diabetes is appropriate:

- Increased thirst
- Unexplained weight loss
- Feeling very tired
- Blurred vision
- Very dry skin
- Slow healing of sores or cuts
- Increased hunger, even after eating
- Moodiness, restlessness, irritability or behavior changes
- Increased urination, including bed-wetting after toilet training

DKA is a complication of untreated type 1 diabetes, and is a medical emergency. Symptoms include:

- Fruity breath
- Dry/flushed skin
- Nausea
- Vomiting
- Stomach pains
- Trouble breathing
- Confusion

## **Types of Screening Tests for Diabetes Type 1**

- ***Glycated hemoglobin (A1C) test*** A blood test measures the average blood sugar level over two to three months. An A1C level of 6.5% or higher on two separate tests indicates diabetes.
- ***Random (non-fasting) blood sugar test*** A blood sample is taken without fasting. A random blood sugar level of 200 milligrams per deciliter (mg/dL) or higher suggests diabetes.
- ***Fasting blood sugar test*** A blood sample is taken after an overnight fast. A level of 126 mg/dL or higher on two separate tests indicates diabetes.
- ***Oral glucose tolerance test*** A test measuring the fasting blood sugar level after an overnight fast, with periodic testing over the next several hours after drinking a sugary liquid. A reading of more than 200 mg/dL after two hours indicates diabetes.

## **Type 1 Diabetes Treatments**

There are no known ways to prevent type 1 diabetes. Once type 1 diabetes develops, medication is the only treatment.

If your child is diagnosed with type 1 diabetes, their health care provider will be able to help develop a treatment plan. Your child's health care provider may refer your child to an endocrinologist, a doctor specializing in the endocrine system and its disorders, such as diabetes.

If you have questions, contact your student's school nurse or health care provider.

School Nurse: Denise Donar (Flora Vista / La Costa Heights / Mission Estancia / Ocean Knoll)

[Denise.donar@eusd.net](mailto:Denise.donar@eusd.net)

Karen Shuff (Capri / El Camino Creek / Olivenhain Pioneer / Park Dale Lane / Paul Ecke Central)

[Karen.shuff@eusd.net](mailto:Karen.shuff@eusd.net)

## **References**

- Centers for Disease Control and Prevention <https://www.cdc.gov/diabetes/basics/what-is-type-1-diabetes.html>
- KidsHealth <https://kidshealth.org/en/parents/type1.html>
- Mayo Clinic <https://www.mayoclinic.org/diseases-conditions/type-1-diabetes/multimedia/vid-20533851>
- National Library of Medicine and national Institutes of Health's Medline <https://medlineplus.gov/diabetestype1.html>