

TYPE 1 DIABETES IN KIDS

Type 1 Diabetes usually develops in children and young adults, but can occur at any age.

- The peak age of diagnosis of type 1 diabetes is 13-14 years, but can occur much earlier or later in life.

Type 1 Diabetes affects the way the body is able to use sugar (glucose) for energy.

- As a normal function, the body turns the carbohydrates in food into glucose (blood sugar), the basic fuel for the body's cells.
- The pancreas makes insulin, a hormone that moves glucose from the blood into the cells.
- In type 1 diabetes, the body's pancreas stops making insulin, and blood glucose levels rise.
- Over time, glucose can reach dangerously high levels in the blood, which is called hyperglycemia.
- Untreated hyperglycemia can result in diabetic ketoacidosis (DKA), which is a life-threatening complication of diabetes.

Risk Factors

- Researchers do not completely understand why some people develop type 1 diabetes and others do not.
- However, having a family history of type 1 diabetes can increase the likelihood of developing type 1 diabetes.
- Other factors may play a role in developing type 1 diabetes, including environmental triggers such as viruses.
- Type 1 diabetes is NOT caused by diet or lifestyle choices.

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.

Warning Signs & Symptoms

Warning signs and symptoms of type 1 diabetes in children develop quickly, in a few weeks or months, and can be severe. If your child displays the warning signs below, contact your child's primary health care provider or pediatrician for a consultation to determine if screening your child for type 1 diabetes is appropriate:

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

Signs & Symptoms of DKA

Diabetic ketoacidosis (DKA) is a life-threatening complication caused by untreated type 1 diabetes.

Symptoms include:

- Fruity smelling breath
- Dry/ Flushed Skin
- Muscle Aches
- Nausea
- Vomiting
- Stomach pains
- Trouble breathing

For more information visit

<https://www.cde.ca.gov/ls/he/hn/type1diabetes.asp>

or talk to your child's doctor

