What is type 1 diabetes?

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Type 1 diabetes is a chronic autoimmune disease that results from the immune system attacking the insulinproducing cells of the pancreas. Unlike type 2 diabetes, which is potentially preventable, type 1 is a nonpreventable disease — currently, its exact cause is not known and there is no cure.

People with type 1 diabetes require insulin therapy for life, either through injections or an insulin pump, and they must regularly test their blood glucose levels by pricking their fingers or using glucose sensing devices. The aim is to keep blood glucose levels as close to the normal range as possible and avoid episodes of hypoglycaemia (low blood glucose) and hyperglycaemia (high blood glucose), which both can increase the risk of longterm complications.

Currently, type 1 diabetes cannot be prevented but it can be managed by administering insulin, monitoring glucose levels, having a healthy, balanced diet and getting regular physical activity.