



**Contact:** Jennifer Mylock, National Manager of School Programs, JDRF

## **Health Spotlight: Know the Signs of Type 1 Diabetes**

*JDRF Urges People to be “T1D Aware” during National Diabetes Awareness Month*

This November, JDRF wants people to be “T1D Aware” and recognize the telltale signs of type 1 diabetes (T1D), a disease that affects as many 3 million Americans today. JDRF is raising awareness of the key signs of type 1 diabetes including frequent urination and excessive thirst, and encouraging people to seek medical attention if they notice these signs in themselves or their children. More than 30,000 children and adults are diagnosed with T1D every year - that's about 80 people per day.

Knowing the warning signs for type 1 diabetes (T1D) could save a life.

### **Warning signs of T1D (these may occur suddenly):**

- Extreme thirst
- Frequent urination
- Sudden vision changes
- Sugar in urine
- Fruity, sweet, or wine-like odor on breath
- Increased appetite
- Sudden weight loss
- Drowsiness, lethargy
- Heavy, labored breathing
- Stupor, unconsciousness

“Education about the symptoms of T1D is critical because type 1 can easily be mistaken for more common illnesses, such as the flu,” said Jennifer Mylock, National Manager of JDRF’s school programs. “A misdiagnosis can have tragic consequences, including death, and knowing the symptoms and warning signs of T1D can save a life. If you or someone you love exhibits one or more of these symptoms, call a doctor immediately.”

Please help JDRF raise awareness about the warning signs of T1D--a chronic, autoimmune disease that is most often diagnosed before the age of 30. As with many diseases, early diagnosis goes a long way toward preventing serious health problems, and even death.

For more information on type 1 diabetes and National Diabetes Awareness Month, visit [www.jdrf.org](http://www.jdrf.org).

### **About Type 1 Diabetes**

Type 1 diabetes is an autoimmune disease in which a person's pancreas stops producing insulin, a hormone that enables people to get energy from food. People with type 1 diabetes must take multiple injections of insulin daily or continuous infusion of insulin through a pump just to survive. Taking insulin does not cure any type of diabetes nor prevent the possibility of its devastating effects which may include kidney failure, blindness, nerve damage, amputation, heart attack and stroke. There are as many as 3 million Americans living with type 1 diabetes and more than 30,000 children and adults are diagnosed every year.

### **About JDRF**

JDRF is the worldwide leader for research to cure type 1 diabetes (T1D). It sets the global agenda for diabetes research, and is the largest charitable funder and advocate of diabetes science worldwide.

The mission of JDRF is to find a cure for diabetes and its complications through the support of research. T1D is an autoimmune disease that strikes children and adults suddenly, and can be fatal. Until a cure is found, people with T1D have to test their blood sugar and give themselves insulin injections multiple times or use a pump—each day, every day of their lives. And even with that intensive care, insulin is not a cure for diabetes, nor does it prevent its potential complications, which may include kidney failure, blindness, heart disease, stroke, and amputation.

Since its founding in 1970 by parents of children with T1D, JDRF has awarded more than \$1.5 billion to diabetes research, including \$107 million last year. More than 80 percent of JDRF's expenditures directly support research and research-related education. For more information, please visit [www.jdrf.org](http://www.jdrf.org).

###