

TYPE 1 DIABETES VS TYPE 2 DIABETES

At diagnosis, T1D and T2D can have similar symptoms — like increased urination and thirst, weight loss, blurry vision, and fatigue. **However, this is where the similarities between T1D and T2D end.** It is important for families and health care providers to understand the key differences between the two types of diabetes.

T1D IS AN AUTOIMMUNE DISEASE.

This means a person's own body destroys the cells in the pancreas that make insulin. We need insulin to allow our brain, heart and muscles to use sugar from the foods we eat for energy. Without insulin, the body cannot use sugar for energy, and sugar builds up in the blood. The body then breaks down fat to make ketones for energy. As ketone levels rise, people are at risk for diabetic ketoacidosis (DKA). DKA is life threatening and is more common in people with T1D than T2D. Our bodies need insulin every day to survive. Everyone with T1D **MUST** take insulin since they cannot not make their own insulin. They also need to monitor their blood sugar levels. Even though T1D is also known as childhood diabetes, it often develops in adulthood.

T2D IS NOT AN AUTOIMMUNE DISEASE.

T2D is a disease of insulin resistance. People with T2D make insulin, but the body is unable to use it in the right way. T2D often runs in families as it has a strong genetic component. Lifestyle behaviors such as being overweight and not getting enough exercise can put extra stress on the cells that make insulin and cause T2D to develop. To treat T2D, people can make lifestyle changes in what they eat and the exercise they do. They might also take pills. These treatments help them use the insulin they produce better. Some people who have T2D may require insulin later in their life if they cannot control their blood sugars with lifestyle changes or pills.

TYPE 1

An autoimmune disease

Autoantibodies are usually present

Symptoms can appear suddenly

Can occur at any age, but higher risk during childhood and adolescence

Often thin or normal body weight

Body makes little or no insulin

Treated with insulin

TYPE 2

Not an autoimmune disease

Autoantibodies are not present

Symptoms usually appear gradually

Occurs mostly in adults, but rates are rising in adolescents

Usually overweight or obese body weight

Body makes increased amounts of insulin at diagnosis

Treated with diet and exercise changes, pills, and sometimes insulin