

Diabetes Information

Type I Diabetes or Insulin-Dependent Diabetes Mellitus

When you have Type I Diabetes (which is 5-10% of the diabetic population) your body is making little or no insulin on its own. This condition requires one or more insulin injections each day. It can develop at any age, but most people are diagnosed before the age of 30.

In the past it has been referred to as "Juvenile Diabetes" because it usually occurs in childhood. Type I Diabetes usually appears suddenly and progresses quickly.

Common Symptoms:

- Increased thirst or hunger
- Frequent urination
- Rapid weight loss (even though food intake has not changed)
- Blurred vision
- Dizziness
- Itchy or dry skin
- Fatigue

Controlling Type I Diabetes:

- Take insulin daily (As prescribed by your physician)
- Follow a meal plan (As recommended by your physician and your dietician)
- Exercise

ATTENTION: This web page is intended to be used for health information ONLY. If you or a family member has a medical emergency, please call your doctor or 911, or your local emergency service number.