

WARNING SIGNS OF TYPE 1 DIABETES

Type 1 (insulin-dependent or juvenile) Diabetes:

Type 1 Diabetes can occur at any age, but most commonly is diagnosed from infancy to the late 30s. In this type of diabetes, a person's pancreas produces little or no insulin. Although the causes are not entirely known, scientists believe the body's own defense system (the immune system) attacks and destroys the insulin-producing cells in the pancreas. People with type 1 diabetes must inject insulin several times every day or continuously infuse with insulin through a pump.

The symptoms may occur suddenly, and include one or more of the following:

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

If you think you or your child has diabetes, call a doctor immediately. Drink fluids **WITHOUT SUGAR**, if able to swallow, to prevent dehydration.

If you or your child has not been diagnosed with diabetes but you are concerned that blood glucose levels could be too low or too high, the following information may be helpful in determining the existence of a blood glucose abnormality. The normal range of blood sugar in humans is estimated to be between 70-100mg/dl before eating.

After eating, the blood sugar usually rises between 30 and 60mg/dl but should drop back to normal range within 2 hours. No matter when blood sugar is tested, a glucose level close to or above 200mg/dl should be viewed as abnormal.

If you suspect that you or your child's blood sugar is abnormal, make an appointment to see the doctor as soon as possible. The doctor may prescribe an Oral Glucose Tolerance Test (OGTT) that requires special dieting 24 hours in advance and includes blood sugar testing every half hour over 2-4 hours. This test will clearly map the typical range of one's blood sugar and help to diagnose any abnormality.

Low Blood Sugar Emergency

Those already diagnosed with type 1 diabetes are at risk for high and low blood sugar emergencies that may come on suddenly. The ideal blood sugar range for someone with type 1 diabetes is usually between 90 and 130 mg/dl before meals. However, a range of factors including illness, stress, too much exercise, or too little food can push blood sugar levels dangerously low.

Warning Signs of Low Blood Sugar Emergency

- Headache
- Sweating
- Pale, moist skin
- Cold and Clammy
- Extreme/sudden hunger
- Weakness/dizziness
- Fatigue/drowsiness
- Rapid pulse rate
- Blurred/double vision
- Shallow breathing
- Confusion/inattention
- Loss of coordination

Treatment

- If alert take 2-4 glucose tablets or eat or drink a fast-acting carbohydrate like sugar (at least two packets), honey, 4oz of fruit juice or regular soda. Retest blood sugar after 15 minutes and repeat this treatment if needed.
- Do not take insulin
- If unconscious or having a seizure, call 911 immediately and give nothing by mouth.