What is the Difference Between Type 1 & Type 2 Diabetes?

What is Diabetes?

Diabetes means you have too much sugar in your blood which can harm your body over time. There are two main types of diabetes and both deal with insulin, a hormone that helps convert sugar to energy

1 in 10 Americans have diabetes

Type 1

Insulin Dependent

About 5% of people with diabetes have type 1

Type 2

Insulin Resistant

About 95% of people with diabetes have type 2.

What is Type 1?

The body does not make any insulin because the cells that make insulin have been destroyed

What is Type 2?

Your body is still making insulin, but it is not meeting your body's needs to control your blood sugar

Symptoms

- Extreme thirst
- Frequent urination
- Blurry vision
- Tired or weak
- Slow healing wounds
- Unexpected weight changes

A person with type 2 diabetes may not have any symptoms
If you are experiencing any of these symptoms, please contact your doctor

Prevention

Can not be prevented and the cause is unknown, but genetics and environment may play a role

Prevention

Cause is not understood, but can often be prevented by staying active and eating healthy foods

Treatment

Healthy lifestyle changes can help keep blood sugar under control

Daily insulin injections are needed to sustain life and manage blood sugar

Medication and/or insulin injections may be needed

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