

Type 1 Diabetes

Type 1 Diabetes	
Causes	<p>In type 1 diabetes, the body's immune system attacks the beta cells in the pancreas that secretes insulin. The exact cause is still unknown, but it may develop due to:</p> <ul style="list-style-type: none"> • Exposure to certain viruses or bacteria. • Chemical toxins in foods. • Genetics.
Risk factors	<ul style="list-style-type: none"> • It may be attributed to certain environmental factors such as cold weather, for instance it has been noted that most of the cases of the disease were diagnosed during winter. It has also been noted that the disease is more common among people who live in colder areas. • It has been found that certain viruses may trigger the development of type 1 diabetes for some individuals, while these same viruses may only end up minimally affecting other individuals. • Early diet may also play a role. Type 1 diabetes is less common in people who were breastfed and in those who first ate solid foods at later ages. • Genetics may also play a role in the development of the disease.
Treatment	<p>The treatment aims to keep blood sugar levels in the normal range as much as possible and reduce the risk of complications.</p>

	Insulin: People with type 1 diabetes get the insulin hormone that their bodies cannot produce either by taking injections or with the help of an insulin pump.
Prevention	So far, there is still no way to prevent type 1 diabetes.

Honeymoon Phase:

- The honeymoon phase amongst people with type 1 diabetes refers to the period of time shortly following diabetes diagnosis when the pancreas is still able to produce a significant amount of insulin.
- When a patient starts taking insulin injections, the pancreas is under less pressure to produce insulin. This period of rest stimulates the pancreas to produce insulin from the remaining beta cells.
- However, after the honeymoon phase ends, the vast majority of these remaining beta cells will also be destroyed, and the pancreas stops producing sufficient insulin.
- The diabetes honeymoon phase can last for weeks, months, or, in some cases, years.
- During the honeymoon phase, insulin doses may need to be re-adjusted and a balance needs to be found by closely monitoring blood sugar levels to avoid low blood sugar.

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