

# What is type 1 diabetes and how can I help?

With type 1 diabetes, your body can no longer produce insulin. We all need insulin to live. It does an important job in getting glucose (a kind of sugar from foods and drinks) to move out of our blood and into our cells.

## Glucose fuels our body.

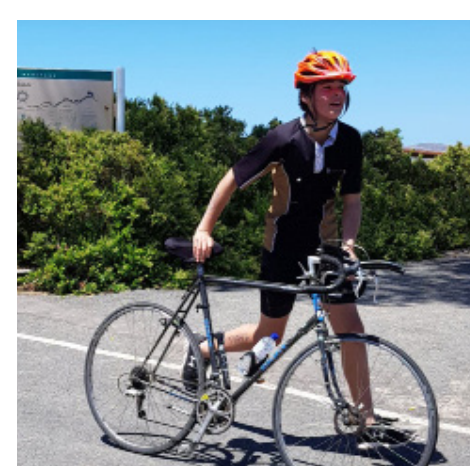
Without insulin, the glucose builds up in your bloodstream, which can be in life-threatening amounts, and you start to feel unwell. You go to the toilet more often, which makes you thirsty. You get tired (your cells aren't getting the energy they need even if you're eating more) and you may lose weight as your body breaks down fat for energy. Which is why you will often hear people refer to looking for symptoms of type 1 diabetes as the 4T's – toilet, tired, thirsty, thinner.

With type 1 diabetes the cells in your pancreas that make insulin have been damaged by your immune system. We don't know exactly why this happens, but we know it is not caused by lifestyle or diet.

Since people with type 1 diabetes cannot produce their own insulin they must take it either through daily injections or via an insulin pump.

**Type 1 diabetes affects over 125,000 people in Australia alone. Eight more Australians are diagnosed each day.**

People who have type 1 diabetes can also be at higher risk of developing other autoimmune conditions such as coeliac disease and thyroid dysfunction.





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Whilst we all love to take a break from “normal life” and go on holidays with family, have a day at the beach with friends, we must remember type 1 diabetes (or any type of diabetes) never takes a break. It is with you for life, 24/7, 365 days a year. It can be hard, exhausting, which means people living with type 1 diabetes need to take care of their mental health also, as all of the extra decisions to be made every day can lead to what is called diabetes burn-out. Young people living with type 1 diabetes also have a greater risk of experiencing anxiety or depression.

Type 1 diabetes can occur at any age, regardless of your weight, fitness or background.

And while it is a life-long condition, you can live well and be healthy with the right support and this is where you come in!

This year when you participate in the School's Triathlon Challenge, you can help raise funds for [Diabetes Tasmania's Type One Youth Program](#).

Helping our Tassie kids who live with type 1 diabetes. It's a 24/7, 'round the clock job, that never goes away! You don't get a holiday from diabetes.

You can sign up for fundraising via: [www.justgiving.com/campaign/STC2022](http://www.justgiving.com/campaign/STC2022)

If your family doesn't want to set up your own page, you can still donate via the main page above, just head there and click on **Give Now**. Just imagine if every person who entered donated just \$10.00 each we could raise around \$50,000 for Tasmanian kids living with type 1 diabetes!! With this money we could fund 2 years of family camp and young adult retreat!! Phenomenal! Without our fundraising these two vital camps don't happen.

\*To be in the running for some awesome prizes you will need your own fundraising page set up.

