Breakthrough T1D™
Formerly JDRF

T1D 101 /What Is Type 1 Diabetes?

Type 1 diabetes (T1D) is a chronic autoimmune disease in which a person's pancreas stops producing insulin, a hormone people need to get energy from food. T1D strikes both children and adults, and its onset has nothing to do with diet or lifestyle. People with T1D depend on external insulin, via injection or infusion with an insulin pump, to survive. There are no cures. Breakthrough T1D is working to change that.

Types of Diabetes

Diabetes is a disease that disrupts the body's production of insulin, which regulates blood-sugar levels. In T1D, the body does not produce insulin. It is a chronic condition that, if not properly monitored, can be fatal. In type 2 diabetes (T2D), the body does not use insulin properly. With the correct treatment and recommended lifestyle changes, many people with T2D can prevent or delay the onset of associated complications. Though they share the name diabetes, T1D and T2D have different causes, effects, and treatments.

	Type 1 Diabetes	Type 2 Diabetes
Cause	Tied to autoimmune, genetic, and environmental factors	Tied to aging, a sedentary lifestyle, obesity, and genetic susceptibility
Effect	Pancreas cannot produce insulin	Pancreas cannot properly use the insulin the body produces
Treatment	Lifelong insulin	Managing diet and exercise, medications, possible insulin treatment
Prevalence	Approximately 5% of diabetes cases	90%–95% of diabetes cases
Prevention/Cure	While it is possible to delay T1D before clinical onset, it cannot currently be cured	Possible to manage it by diet, exercise, and/or medications

With your support, we are creating a movement to improve and change life with T1D, advancing breakthroughs on the way to cures.

To find out more, visit **BreakthroughT1D.org**.

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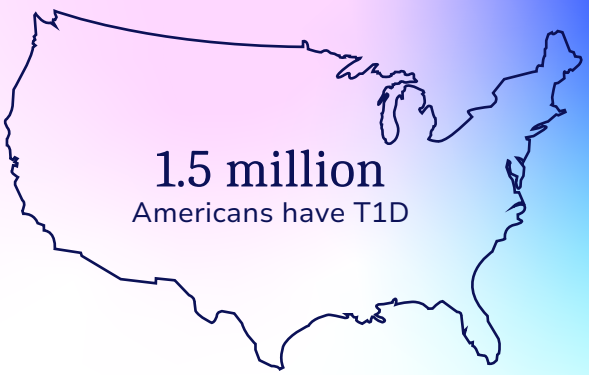
T1D Facts



In the U.S., more than **2 million people** are expected to have T1D by 2040

52,500+ people are estimated to be diagnosed each year in the U.S.

Less than one-third of people with T1D in the U.S. are achieving target blood-sugar levels

Life with T1D

T1D is a disease that requires management 24/7. Insulin doses must be administered many times per day and calculated carefully based on food intake, exercise, stress, illness, the amount of time insulin remains active, and other (often unpredictable) factors. People with T1D measure their blood-sugar levels through finger pricks at least six times a day (often much more), or by wearing a continuous glucose monitor (CGM). Even with a strict regimen, people with T1D may still experience dangerously high or low blood-sugar levels that can, in extreme cases, be life-threatening. Every person with T1D must become actively involved in managing his or her disease.

Driving Toward Cures

Curing T1D is our north star. While there are treatments to manage T1D, improve everyday life, and delay onset, we envision a world where the burden of T1D no longer exists.

Signs of T1D

Warning signs of T1D often appear suddenly and sometimes require immediate medical attention. These may include:

- **Extreme Thirst**
- **Heavy or Labored Breathing**
- **Frequent Urination**
- **Dry Mouth**
- **Increased Appetite**
- **Drowsiness or Lethargy**
- **Unexplained Weight Loss**
- **Sudden Vision Changes**
- **Fruity Odor on the Breath**