

# KNOW THE DIFFERENCE

## TYPE 1 DIABETES **T1D**

Caused by an **AUTOIMMUNE DISEASE** with potential ties to genetic and environmental factors.

People with T1D **CANNOT PRODUCE INSULIN** and experience episodes of low blood sugar.

**CANNOT** currently be prevented.

**REQUIRES INSULIN** through multiple daily injections or infusion through insulin pump.

**COUNTING CARBOHYDRATES** in food and regular physical exercise are important in T1D management.

**25,000**  
New Zealanders diagnosed

## **T2D** TYPE 2 DIABETES

Tied to **METABOLISM AND GENETIC SUSCEPTIBILITY.**

People with T2D are **INSULIN RESISTANT** and do not typically experience episodes of low blood sugar, unless a person is taking insulin or diabetes medications.

**CAN BE PREVENTED** or delayed through diet and exercise.

**TREATMENT VARIES** by patient. Often begins with dietary modifications, exercise and oral medicines. Some individuals with T2D take insulin shots or wear an insulin pump.

**REDUCING CARBOHYDRATE INTAKE** and regular physical exercise are important in T2D management.

**250,000**  
New Zealanders diagnosed



### DIABETES CAUSES KIDNEY, EYE, CARDIOVASCULAR AND NERVE DISEASES.

Complications are not inevitable. Tight blood-sugar control is the only method demonstrated to reduce the risk of developing complications.

JDRF is the leading global organization funding T1D research. JDRF works every day to change the reality of this disease for millions of people—and to prevent anyone else from ever knowing it—by funding research, advocating for government support of research and new therapies, ensuring new therapies come to market and connecting and engaging the T1D community.

For more information contact:

[www.jdrf.org.nz](http://www.jdrf.org.nz)