

TYPE 1 DIABETES (T1D)

MYTH

VS.

FACT

DIABETES IS CAUSED BY OBESITY OR EATING TOO MUCH SUGAR

IT'S EASY FOR PEOPLE WITH T1D TO MANAGE THEIR BLOOD-GLUCOSE LEVELS

PEOPLE WITH DIABETES CAN'T PARTICIPATE IN ATHLETICS

While obesity has been identified as one of the “triggers” for type 2 diabetes, it has no relation to the cause of T1D. **Scientists do not yet know exactly what causes T1D, but they believe that both genetic and environmental factors are involved.** Eating too much sugar is not a factor.

Maintaining tight or optimal control of blood-sugar levels can be very difficult with T1D. Many factors including: stress, exercise, hormone changes, growth spurts and illness can easily cause blood sugars to swing out of control.

Physical exercise is important for everyone's health and is especially important for people living with T1D. **Regular exercise helps to lower blood-sugar levels and keep them in the target range.** There are athletes who have T1D and are very successful in their careers—anything is possible!



Sophie

Age of diagnosis: 5

“On a school trip I fainted because of low blood sugar and my mum wasn't there. There is another school trip coming up and I don't want to go because of my experience last time.”

JDRF funds advances in T1D technology so that children like Sophie can live without worrying about their blood sugars.

Artificial pancreas systems will monitor glucose levels around the clock and automatically provide the right amount of insulin, and potentially other blood-sugar stabilizing hormones. Sophisticated computer algorithms on a smartphone or similar device will link to a continuous glucose monitor sensor and insulin pump to determine blood sugar trends and control insulin delivery.

JDRF funds research that transforms the lives of people with T1D. We want a cure, and we won't stop until we find one. Along the way, we will continue to drive scientific progress that delivers new treatments and therapies that make day-to-day life with T1D easier, safer and healthier.