My Diabetes

My Diabetes Project – Diabetes information and services in Europe for women and their families is coordinated by:

European Institute of Women's Health

www.eurohealth.ie

Type 1 diabetes

Type 1 diabetes was previously referred to as juvenile diabetes as it is often found in children and young adults. It only affects about 5% of people with diabetes. However, recent studies show you can be diagnosed with Type 1 diabetes at any stage in life.

In this kind of diabetes, the body either stops making insulin entirely, or is not making enough of this.

This occurs because the immune system, whose job is to protect you from getting sick by destroying bacteria, viruses or other potentially harmful organisms, is mistakenly targetting your body's cells that make the insulin that you need to remain healthy.