

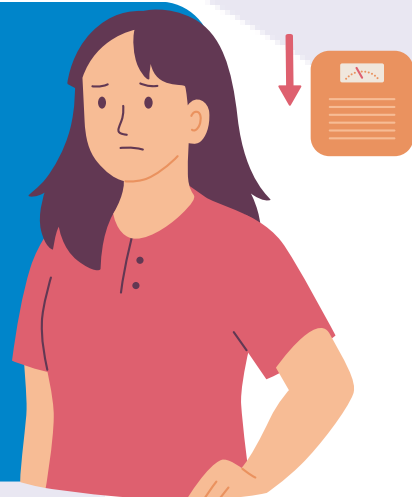
Symptoms of Type 1 Diabetes

Type 1 diabetes often develops quickly, sometimes within days or weeks. Spotting the early signs matters, because prompt diagnosis means prompt treatment.

Here is what to look out for in yourself or someone you care about.

COMMON SIGNS TO WATCH FOR

The most frequent early symptoms include urinating more often (especially through the night), an unusual thirst that does not go away, extreme tiredness, unexplained weight loss, and feeling hungry even after eating. Blurred vision and slow-healing cuts can also appear.



OTHER SYMPTOMS THAT CAN APPEAR

Recurring infections such as colds, flu, or urinary tract infections can also point to type 1. Some people notice regular periods of itching, thrush, or a fruity smell on the breath.

In children, bedwetting after being dry at night and unusual irritability or mood changes can be early signs. These symptoms often appear alongside the more common ones rather than on their own.



WHY TYPE 1 DEVELOPS QUICKLY

Type 1 is an autoimmune condition. The immune system stops the pancreas from producing insulin, which causes blood glucose to rise sharply. Unlike type 2 diabetes, which often develops over years, type 1 can appear within weeks.



WHAT CAN TRIGGER IT

Type 1 is not caused by lifestyle choices or diet. Family history can play a role, and some research suggests certain viruses, including COVID-19, may act as triggers. Currently, type 1 cannot be prevented, but early recognition matters.



TYPE 1 AT ANY AGE

Although type 1 is more common in children, adults can develop it too. Around half of new diagnoses happen in people over 18, so don't let misconceptions about age put you off seeking help. Type 1 diabetes is manageable once diagnosed, but it needs prompt attention.

