

TYPE 1 DIABETES WARNING SIGNS

Physical symptoms of Type 1 diabetes may occur suddenly and initially appear harmless but they are serious and life-threatening. Some symptoms are often mistaken for other conditions. Watch children and young people for these symptoms and seek medical attention:

- **Increased thirst and frequent urination.** When excess sugar builds up in your bloodstream, fluid is pulled from your bodily tissues, likely leaving you thirsty. As a result, your child may drink and urinate more than usual.
- **Extreme hunger.** Without insulin to move sugar into cells, your child's muscles and organs become under nourished and depleted of energy. Intense hunger may persist even after they have eaten. Energy from food never reaches their energy-starved tissues/organs. Although children are eating, they are literally starving to death.
- **Weight loss.** Despite increased eating to relieve hunger, your child will likely lose weight-sometimes rapidly.
- **Fatigue. Drowsiness. Lethargy.** When cells are deprived of sugar, they may feel tired and irritable.
- **Blurred vision/Vision changes.** When blood sugar levels remain high fluid may be pulled from the lenses of your eyes. This may affect your child's ability to focus clearly.
- **Unusually emotional or irritable.** For no known reason.
- **Fruity odor on breath**
- **Heavy or labored breathing**
- **Stupor or unconsciousness**

