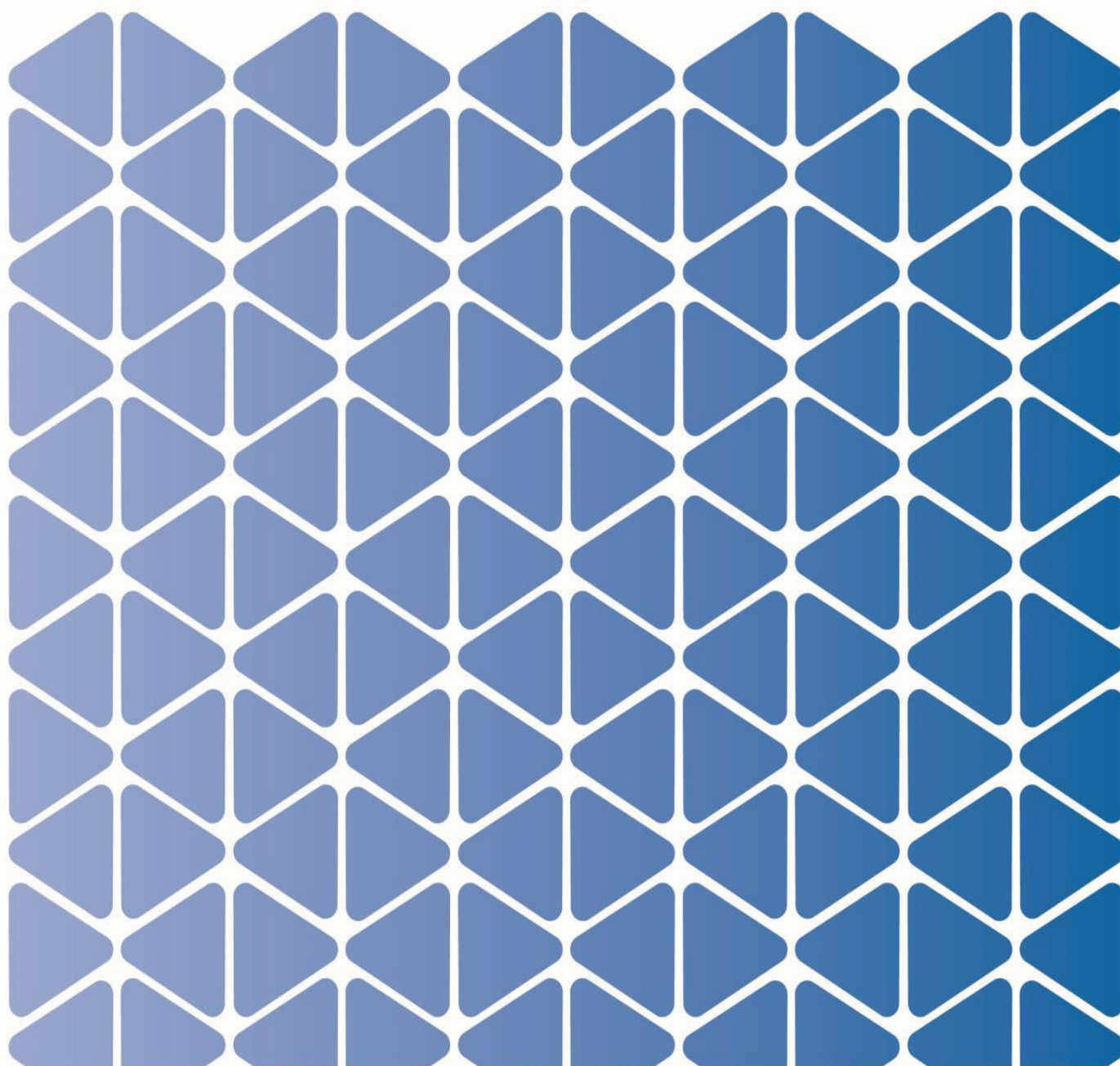


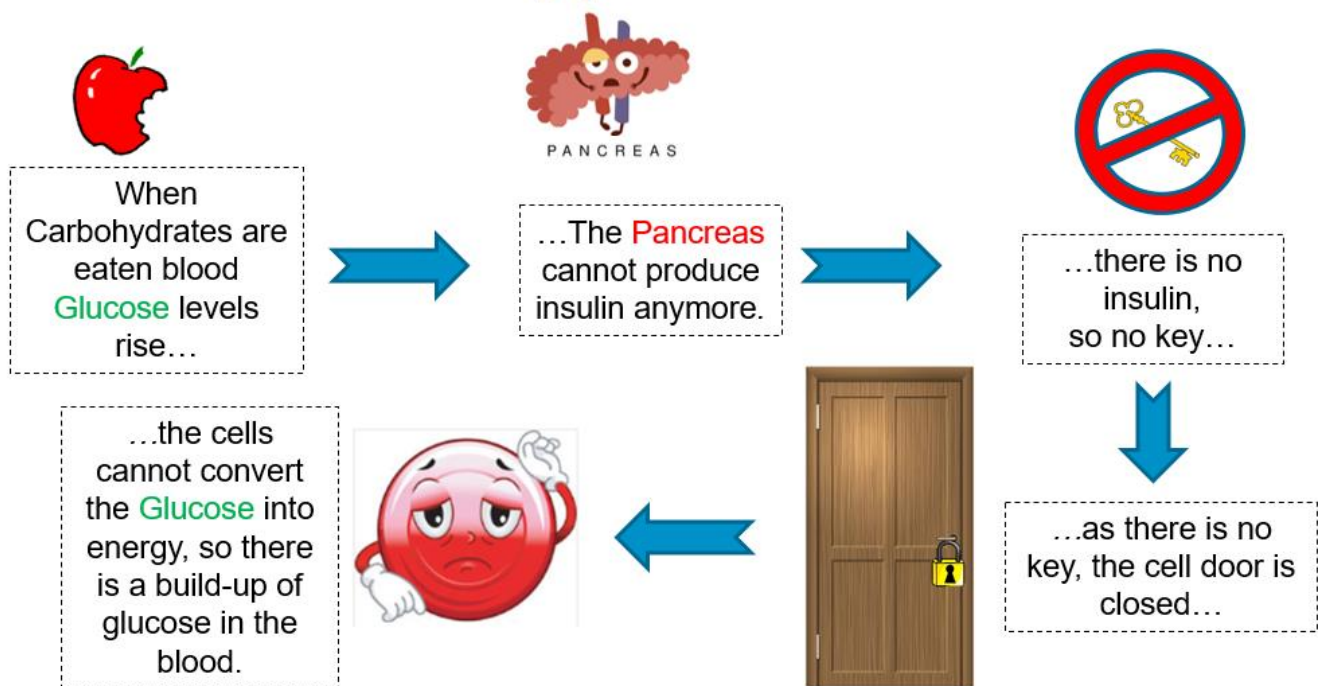
PATIENT INFORMATION**PAEDIATRIC DIABETES –
What is Type 1 Diabetes?**

What is Type 1 Diabetes?

Type 1 diabetes is a condition in which the insulin-producing cells in the pancreas (an organ in the body) become damaged. This means the body can no longer produce insulin. Insulin is an important hormone that acts like a key, opening the door to allow glucose (a sugar that comes from carbohydrates in your food and drink) to move from the blood stream to the cells of the body to be used or stored as fuel.

When you have type 1 diabetes, there is no insulin to take the glucose out from your blood stream so the amount in your blood keeps on going up and the cells don't get any fuel. At this point, your body will start to tell you that something is not right. The body will try to get rid of the glucose through your kidneys, so you may notice that you are passing lots of urine. In turn you will likely feel extremely thirsty and be drinking a lot more than normal. As the cells of the body cannot get the fuel they need, you will start to feel very tired, and a person may lose weight as the body breaks down fat to obtain the energy it needs. These symptoms can happen very quickly.

What is Type 1 Diabetes?



Type 1 diabetes can occur at any age but more commonly presents in children and young people. It is more common if you have a parent or sibling with diabetes.

We do not know exactly what causes type 1 diabetes, but we do know that it is an autoimmune condition (where the body's immune system attacks the insulin-producing cells in the pancreas) and is not caused by diet or lifestyle. People with type 1 diabetes need to take insulin every day to stay healthy. There is lots of research happening to try and learn more about type 1 diabetes and to develop new treatments.

Your diabetes team will talk to you and explain more about diabetes. Please ask them if you have any questions about type 1 diabetes.

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.