Diabetes Foundation

NJHealth New Jersey Department of Health
A Nationally Accredited Department

Type 1 diabetes (T1D) is a chronic condition where the body's immune system mistakenly attacks and destroys the cells in the pancreas that produce insulin. Insulin is a hormone that helps the body use sugar for energy.

RISK FACTORS

- Family history
- Age
- Ethnicity
- Environmental triggers

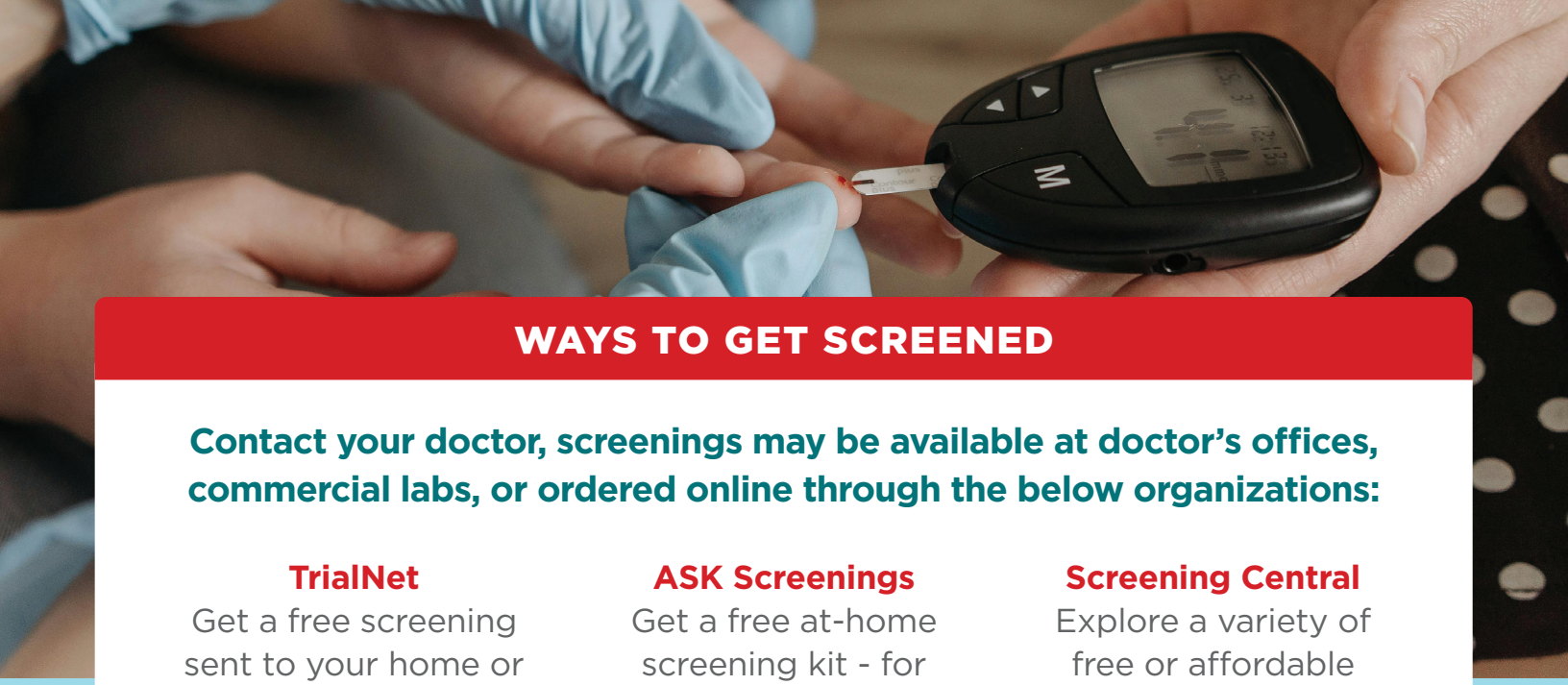
SYMPTOMS

- Drowsiness or tiredness
- Dry mouth and itchy skin
- Extreme thirst
- Frequent urination
- Fruity smelling breath
- Heavy or labored breathing
- Unexplainable weight loss
- Increased appetite
- Sudden vision changes

EARLY IDENTIFICATION

Type 1 diabetes can be identified with a screening before or after symptoms begin through a blood test or a finger stick. Check with your child's health care provider on the best screening option for you.

While having a parent or sibling with T1D increases your child's risk by 15x, 80% of those diagnosed have no family history at all! And even though T1D is not preventable, early identification can help you reduce the risk of life-threatening complications.



WAYS TO GET SCREENED

Contact your doctor, screenings may be available at doctor's offices, commercial labs, or ordered online through the below organizations:

TrialNet

Get a free screening sent to your home or at a local laboratory. To qualify, you must have a relative with T1D.

ASK Screenings

Get a free at-home screening kit - for U.S. residents over 12 months old.

Screening Central

Explore a variety of free or affordable opportunities.

Disclaimer: Links to external sites are for informational purposes only and do not imply endorsement or responsibility for their content.

UNDERSTANDING YOUR RESULTS

If your result is positive, talk with your health care provider about re-screening to confirm the results and about a care plan that includes monitoring and management.

If your result is negative, make a plan with your health care provider to check again in the future.

MANAGING DIABETES AT SCHOOL

In New Jersey, the school nurse will develop a plan of care and educate staff based on the student's diabetes medical management plan provided by the health care provider. For additional information, please visit the New Jersey Department of Education's webpage, Guidelines for the Care of Students with Diabetes in the School Setting.

For more information or free diabetes services, visit diabetesfoundationinc.org or contact the Diabetes Foundation at (201) 444-0337.