

Type 1 Diabetes

What is it?

Type 1 diabetes is when your pancreas is unable to make insulin. Insulin is a hormone that helps your body absorb and use the glucose, or sugar, in the food you eat. Glucose is a key energy source. Without insulin, your body can't perform its usual functions.

People with type 1 diabetes need to take insulin to prevent health risks that occur from high blood sugar, also called hyperglycaemia.

Your GP plays a vital role in your ongoing care and can help you manage your condition, find specialists and educate your family and carers.

What will my GP do now?

Your GP will see you regularly to check your blood sugar and discuss any issues. Your GP will also:

- Talk to you about healthy lifestyle tips, such as weight, diet and exercise
- Discuss any distress or anxiety around your health
- Assess for heart disease risk factors
- Give you support to manage at home
- Help you learn what to do if you develop high or low blood sugar
- Check for the presence of other diseases
- Develop a treatment plan to help you manage your care
- Talk to you about pregnancy planning, when appropriate
- Help you learn about your driving risk
- Complete any specialist referrals that may be needed

What can I do?

Type 1 diabetes requires daily, ongoing care. Follow your GP's advice about insulin injections or a pump. Learn how to check your blood glucose levels.

Eat a healthy diet, exercise regularly, and check your blood glucose levels often.

Always carry carbohydrates with you, and carry ID that states you are diabetic. Keep a record of all episodes of low blood sugar. Ask your GP for a specialist referral if you need extra support.

The 'Rule of 15'

If your blood sugar is low (less than <4.0 mmol/l, follow the 'rule of 15'

1

Eat 15 grams of fast-acting carbohydrate, such as:

Five medium size jelly beans

Half a glass of fruit juice

Three teaspoons of sugar or honey

2

Wait 15 minutes, then retest blood sugar

3

If your blood sugar is still < 4.0 mmol/l, eat another 15 grams of fast-acting carbohydrate, and repeat your blood sugar test

4

If your next meal is more than 15 minutes away, eat a longer acting carbohydrate, such as:

A small tub of low-fat yoghurt

Two or three pieces of dried fruit

A sandwich or piece of fruit

A glass of milk

When should I call an ambulance?



If a person with diabetes develops very low blood sugar and is unconscious, support the person on their side, phone Triple 0 (000) and state that the person is unconscious and has diabetes.

Do not give the person anything to eat or drink.

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What supports are available?

Local hospital diabetes services

Local hospitals run diabetes clinics for those who need specialist care. These clinics provide assessment, treatment and education.

- Bankstown-Lidcombe Hospital Diabetes Service: Phone 9722 8366
- Fairfield Hospital Diabetes Service: Phone 8738 4577
- Bowral District Hospital Diabetes Service: Phone 4861 0303
- Liverpool Hospital Diabetes Service: Phone 8738 4539
- Macarthur Diabetes Service (Campbelltown/Camden Hospital): Phone 4634 4028

Get Healthy Information & Coaching Service

A free, personal phone coaching service helping you achieve your health goals. Visit gethealthynsw.com.au

National Diabetes Services Scheme (NDSS) and NDSS Helpline

The NDSS aims to enhance the capacity of people with diabetes to understand and manage their diabetes, and access supports, services and subsidised diabetes products. Visit ndss.com.au or phone 1800 637 700.



What questions could I ask my doctor?



- How often should I monitor my levels?
- How often do I need tests?
- Which doctors do I need to see?
- Who can I talk to if I have a question?
- What if I am struggling to cope?
- Can I still exercise?

Where can I learn more?

Diabetes NSW

- Bilingual resources: diabetesnsw.com.au
- For Indigenous Australians: diabetesnsw.com.au
- Understanding Type 1 diabetes: diabetesnsw.com.au
- What's on (education sessions for people with diabetes): diabetesnsw.com.au

National Diabetes Service Scheme - Type 1 diabetes: ndss.com.au

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs

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