

QUESTIONS

ANSWERS

What is this campaign about?

The aim of this campaign is to help people understand the differences between type 1 and type 2 diabetes. This will build in further campaigns to include gestational diabetes and to look at some of the myths in the community surrounding diabetes.

The key message for this campaign is: Diabetes. What do you know? Know the facts.

Why is this campaign necessary?

There is a large misunderstanding in the community regarding the difference between type 1 and type 2 diabetes. This campaign will aim to help to alleviate some of this confusion.

What is diabetes?

Diabetes is the name given to a group of different conditions in which there is too much glucose (sugar) in the blood.

Glucose is the main source of energy for the body and comes from carbohydrate foods we eat. Carbohydrate foods include bread, pasta, rice, cereals, fruits, starchy vegetables and milk and yoghurt. The body breaks carbohydrates down to glucose which then enters the blood stream. For glucose to enter the cells and be used for energy, a hormone called insulin must be available.

Diabetes occurs when the body either does not make insulin or when the insulin that is produced by the pancreas is not working properly. This leads to increased blood glucose levels and diabetes. The three types of diabetes are: type 1 diabetes, type 2 diabetes and gestational diabetes.

What is the difference between type 1 and type 2 diabetes?

type 1 diabetes:

type 1 diabetes is an autoimmune disease where the beta cells in the pancreas are destroyed and can no longer produce insulin to transport the glucose from the blood into the cells of the body for energy. This causes the blood glucose levels to rise dramatically. People who develop type 1 diabetes will usually seek medical advice quickly as they can become seriously ill from the onset of the disease. It is not caused by lifestyle factors and cannot be prevented.

type 1 diabetes accounts for 10 -15% of all cases of diagnosed diabetes.

type 2 diabetes:

type 2 diabetes occurs when the beta cells in the pancreas still function and produce insulin but this insulin is not working as effectively as it should (this is often called insulin resistance). The effect is a rise in blood glucose levels. People who develop type 2 diabetes often do not seek medical advice as the symptoms develop slowly and may not be obvious and are often diagnosed through other medical conditions.

type 2 diabetes results from a combination of genetic and environmental factors. Risk is greatly increased by lifestyle factors such as high blood pressure, being overweight or obese, insufficient physical activity and poor dietary choices.

type 2 diabetes accounts for 85 -90% of all cases of diagnosed diabetes.

What is the incidence of diabetes?

type 1 diabetes:

50% of the cases of type 1 diabetes occurs in children and young adults, although it can occur at any age.

Approximately 1,825 Australians are diagnosed with type 1 diabetes every year and the incidence is increasing at 3.2% per year.

type 1 diabetes is one of the most common chronic childhood diseases in developed nations.

Affects over 140,000 people in Australia.

type 2 diabetes:

From the 1999–2000 AusDiab study, it has been estimated that nearly 840,000 Australian adults aged 25 years or above had type 2 diabetes in 1999–2000, which constitutes 7.1% of the population.

What are the symptoms of diabetes?

type 1 diabetes:

The symptoms are often sudden and can be life threatening they can include: extreme thirst, frequent urination, sudden unexplained weight loss, extreme fatigue, blurred vision, muscle cramps, nausea, vomiting and constant hunger.

type 2 diabetes:

In type 2 diabetes, many people have no symptoms at all, while other signs can go unnoticed being seen as part of 'getting older'. Therefore, by the time symptoms are noticed, complications of diabetes may already be present. Common symptoms include: increased thirst, frequent urination, feeling tired and lethargic, always feeling hungry, having cuts that heal slowly, itching, skin infections, blurred vision, gradually putting on weight, mood swings, headaches, feeling dizzy and leg cramps.

What is the treatment for diabetes?

type 1 diabetes:

The treatment for type 1 diabetes is life long multiple daily injections of insulin or through having a constant supply of insulin through using an insulin pump. This is combined with blood glucose monitoring, following a healthy eating plan and physical activity.

type 2 diabetes:

The treatment of type 2 diabetes is a combination of following a healthy eating plan, physical activity and blood glucose monitoring. Medication in the form of tablets or insulin may also be required.

Both types of diabetes require involvement of an extended health care team to help assist in the management and ongoing education of diabetes.

DIABETES

WHAT DO YOU KNOW?

What are the risk factors of diabetes?

type 1 diabetes:

Currently we do not know the exact cause of type 1 diabetes therefore no modifiable risk factors have been able to be identified.

type 2 diabetes:

The risk factors for type 2 diabetes can be analysed in two areas; risk factors that can be changed and risk factors that cannot be changed.

The risk factors which cannot be changed include:

- Family history of type 2 diabetes
- Increasing age - over 45 years
- Ethnic background - Aboriginal or Torres Strait Islanders, Melanesian, Polynesian, Chinese or Indian sub-continent.
- Have had a heart attack or have heart disease
- Women who have had gestational diabetes
- Women who have given birth to baby over 4.5kgs (9lbs) or women with Polycystic Ovarian Syndrome
- Being over 55 years

The risk factors which can be changed include:

- Lifestyle factors
 - Level of physical activity (inactivity)
 - Type of food eaten
- Increased body weight
- Elevated blood pressure or cholesterol
- Smoking

Can diabetes be prevented?

type 1 diabetes:

While a great deal of research is being done, at this stage you can not prevent the development of type 1 diabetes.

type 2 diabetes:

People at risk of type 2 diabetes can delay and even prevent the development of the disease by following a healthy lifestyle by up to 60%. This includes regular physical activity, making healthy food choices and not putting on a lot of weight. This is especially important if they have been told that they have a pre-diabetic condition.

(Pre-diabetes is also known as Impaired Glucose Tolerance (IGT) and Impaired Fasting Glucose (IFG). It is a condition that occurs when the blood glucose level is higher than normal but not high enough to be diagnosed as diabetes. Like type 2 diabetes, pre diabetes is a result of the body's insulin not working effectively. Research has shown that people with pre-diabetes can reduce their risk of developing type 2 diabetes by leading a healthy lifestyle.)

TYPE 1 & TYPE 2

THERE IS A DIFFERENCE