

What's the difference

Type 1 diabetes



The body cannot produce the insulin it needs

Causes unknown, but develops when the immune system **attacks** insulin producing cells³



Incidence is **growing** steadily



The symptoms often appear **suddenly**³



Usually diagnosed in children or young adults³



Must take insulin **daily**³

Type 2 diabetes



The body produces too little insulin and/or is unable to respond to it³

Risk factors include³:

- Advancing age
- Obesity
- Poor diet
- Family history of type 2 diabetes
- Physical inactivity
- Ethnicity



Incidence is **rising** at an epidemic rate³



The symptoms often appear **gradually**

Healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco use can **prevent or delay** the onset of type 2 diabetes⁴

Often **managed** by exercise and a healthy diet or oral medication³
If the condition progresses, it can be **treated** with insulin³