



What is the difference between Type 1 and Type 2 Diabetes?

Type 1 Diabetes

In type 1 diabetes, the body makes little or no insulin, due to an immune system response that destroys insulin-producing cells. So people with type 1 diabetes must take insulin every day. Type 1 diabetes usually occurs in children and young adults, but it can also appear in older adults.

Symptoms:

These symptoms may develop/appear over **several weeks**:

- Increased thirst and urination
- Increased hunger
- Blurred vision
- Tiredness and fatigue
- Unexplained weight loss

Risk Factors:

- Having a family history of diabetes
- Certain genetic features
- Certain viruses might promote autoimmunity. A significant number of viruses have been associated with type 1 diabetes. Visit the CDC website for additional information.

Treatment:

- Daily insulin injections or use of an insulin pump

Prevention:

- Cannot be prevented because it is an autoimmune disease

Type 2 Diabetes

In type 2 diabetes, your body does not respond to and use insulin as well as it should. Or it may not make enough insulin. Most people with diabetes have type 2. Some risk factors for this kind of diabetes include older age, being overweight or obese, family history, and having certain ethnic backgrounds.

Symptoms:

These symptoms may develop/appear over **several years**:

- Increased thirst and urination
- Increased hunger
- Blurred vision
- Tiredness and fatigue
- Numbness or tingling in hands or feet
- Sores or wounds that taking a longer time to heal
- Weight changes

Risk Factors:

- Having a family member with type 2 diabetes
- High LDL ("bad") cholesterol
- Age over 40 years
- Race/ethnicity
- Being overweight or obese
- Smoking
- Diet
- Being physically inactive
- High blood pressure

Treatment:

- Lifestyle changes (physical activity, weight loss, and dietary changes)
- Oral and injectable medications

Prevention:

- May be prevented or delayed, as two major risk factors can be modified: being overweight and inactivity