



## Lesson 1, Activity 4

# The Truth about T1D

## How much do you know about type 1 diabetes?

People have all sorts of ideas about T1D.

Here are some facts:

**FACT:** You **CAN'T** catch T1D.

Type 1 diabetes is not contagious. You can't catch it like a cold, the flu, or chicken pox. Doctors know some things about T1D, but they still don't know what causes the disease. One thing they are sure of: people living with T1D did not catch it from anyone else. Neither can you!

**FACT:** You **CAN'T** get T1D from eating too much candy.

You may get cavities from eating too many sweets; you may even gain weight. But you won't get T1D. People with T1D didn't do anything wrong. It just happened. So if you know someone with T1D, be a friend. It's nobody's fault.

**FACT:** Insulin is **NOT** a cure.

Everyone has a pancreas. Everyone needs insulin to live. Everyone with T1D has to make up for the fact that their pancreas no longer makes insulin. They take insulin through shots or a pump. But insulin is not a cure for T1D. It's a treatment. Scientists are trying to find ways to fix or replace the damaged pancreatic cells in people with T1D. They hope that the new cells will once again produce insulin. Now, that would be a cure!

**FACT:** People with T1D **CAN** eat cake and ice cream.

It's true. But like everybody else, they should not eat too many sweets.

**FACT:** You **CANNOT** tell if a person has T1D just by looking at them.

People with T1D are just like everyone else. They look and act perfectly "normal." It's only their pancreases that do not work right.

**FACT:** People with T1D **CAN** and **DO** lead amazing lives.

Living with T1D may not be easy, but people with the disease can do whatever they set their minds to. There are actors, doctors, writers, golfers, Olympic athletes, and even a Miss America who live with T1D.

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**TODO:** Test your family: Read the statements; ask them "True or false?"

Set them straight with the facts!