

# Type 1 **DIABETES** what you need to know

## Insulin

- 🩸 a healthy pancreas makes insulin
- 🩸 insulin helps glucose get into cells for energy
- 🩸 without insulin, glucose builds up in the blood

## Type 1 diabetes

- 🩸 the body's immune system attacks insulin-producing cells
- 🩸 since the pancreas no longer produces insulin, it must be injected to survive