



Children can have diabetes, too

Type 1 diabetes is a serious condition where your child's body no longer produces insulin, an important hormone that helps turn glucose (sugar) into energy for the body. **If not diagnosed in time, type 1 diabetes can lead to a very dangerous condition called diabetic ketoacidosis known as DKA.**

Your child may have diabetes if they show any of the 4T signs - toilet, thirsty, tired and thinner. Knowing the signs early could save your child's life.



Diabetes



Know the signs



Ask

Knowing the 4T signs:



Toilet

Going to the toilet a lot, bed wetting by a previously dry child or heavier nappies in babies



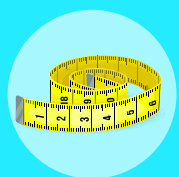
Thirsty

Being really thirsty and not being able to quench the thirst



Tired

Feeling more tired than usual or having no energy



Thinner

Losing weight or looking thinner than usual



How do I know if my child has diabetes?

If your child has any of the 4T - toilet, thirsty, tired and thinner - signs they may have type 1 diabetes.

Why is an early diagnosis of type 1 diabetes so important?

Confirming type 1 diabetes early prevents DKA. This is why an early diagnosis of type 1 diabetes is so important.

What is DKA?

DKA is a serious complication of type 1 diabetes which happens when the blood sugar is very high causing acidic substances called ketones to build up in the body. DKA occurs when there isn't enough insulin in the body to process the high sugar levels in the blood.

Why is type 1 diabetes often missed?

Type 1 diabetes can often be missed by parents putting the signs down to age, hot weather or a growth spurt. Importantly, disposable nappies can disguise how often a toddler is weeing.



When can a child get type 1 diabetes?

Type 1 diabetes commonly occurs in childhood. Children under two are most at risk of DKA followed by common ages for a growth spurt between 4 to 5 and 11 to 13 years of age.

What is the treatment for type 1 diabetes?

Fortunately, type 1 diabetes can be treated. If your child does have type 1 diabetes, he or she will be seen by a doctor who specialises in the condition. Insulin medicine will be needed to keep your child's blood glucose level in the healthy range.

What do I do if my child has any of the 4T signs?

If you notice any of the 4T signs, don't delay getting an easy, fast and free finger-prick blood glucose check at your local GP.

Your GP will be able to tell you immediately if your child has type 1 diabetes and will advise you about the next steps. The first step will be an urgent medical assessment at your nearest hospital.

For further information about type 1 diabetes visit www.JDRF.org.au