

# The Difference between Type 1 & Type 2 Diabetes



1. Autoimmune condition that leads to insulin deficiency from the pancreas

2. Always requires insulin (given via multiple daily injections or via insulin pump)

3. Treatment can include other medications used in conjunction with insulin

4. \*\* 5-10% of cases

**Type  
1**

**Type  
2**

1. Progressive condition involving changes in 8 different organs in the body, including the pancreas, liver, muscles and kidneys

2. A variety of medications are available to treat and manage blood sugar

3. Often requires insulin (though is often delayed longer than recommended)

4. \*\* 90-95 of cases



## ONSET CAN OCCUR AT ANY AGE

1. Cause: Unknown, believed to result from a genetic predisposition, typically combined with environmental trigger(s)
2. Treatment does NOT require avoiding or limiting any foods to manage blood sugar levels
3. Increased risk of eating disorders (2x or more!)
4. Can lead to burnout, exhaustion, frustration and fear
5. Rates of onset are increasing among the general population worldwide