THINK YOU KNOW TYPE 1 DIABETES?
Clearing Up the Top 10 Most Common Rumors

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WANT TO LEARN MORE?
You or someone you care about may be living with diabetes. Support the Cure.

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“YOUR CHILD HAS TYPE 1 DIABETES? I HEARD THAT…”

1. “...They'll just outgrow it eventually.”
   Unfortunately, Type 1 diabetes is a life-long condition. It is often diagnosed in childhood, and must be managed for a person’s entire life through adulthood.

2. “...They must have gotten it because you gave them unhealthy foods or caused them to gain weight.”
   People often mistake Type 1 diabetes with Type 2 diabetes, which develops later in life and can be related to disproportionate sugar intake from food or other health issues. People with Type 1 diabetes are born with it.

3. “...They can't play sports.”
   As long as people with type 1 diabetes check their blood glucose level is stable first, there’s no reason why they can’t play sports. They may need to have a snack before they start and check their blood glucose during exercise.

4. “...They can NEVER eat ANY sugary foods. No birthday cake for you!”
   People with type 1 diabetes can have a normal, healthy diet which includes some sugar – just like people without type 1. Whatever they eat, people with type 1 need to regularly measure the glucose levels in their blood and have insulin injections.

5. “...They have to get an insulin pump.”
   For many people, certain technology isn’t an option. It can be expensive, and insurance may not cover the cost. There is a misconception that just because it is out there, anyone can get it, which is not true at all. Many people successfully manage blood glucose levels with a “finger-prick” meter and other accessible tools.

6. “...Kids can get diabetes from a vaccine.”
   There is absolutely no evidence suggesting a connection between a diabetes diagnosis and receiving any form of vaccine.

7. “...Their children, your grandchildren, will also have diabetes.”
   Just as diabetes is not contagious like other diseases, it is also not typically passed down from mother to child. Although some family history may suggest a genetic predisposition to Type 2 or even Type 1 diabetes, it is unlikely to be passed down in the same way. Also, it is extremely unlikely to be passed down if only one parent has Type 1 diabetes.

8. “...If they have an insulin pump, they don't have to be so worried about monitoring their blood sugar all the time.”
   When people find out her son has an insulin pump, they think it automatically fixes blood sugar. The reality is that managing type 1 diabetes is a 24/7 job. The pump helps a lot, but every time a diabetic person puts food in his mouth, he has to do a math calculation, enter information, and take him insulin unless he’s low, in which case he has to manually shut it off.

9. “...Eventually, once they've been taking insulin for long enough, they'll be cured and won't have to take it anymore.”
   Taking insulin keeps people with type 1 diabetes alive. They must have it, but it doesn’t make the disease go away. There is no cure, but modern research is making major strides, such as: life-changing treatments, including new classes of drugs, insulin pumps, continuous glucose monitors and, someday, maybe even an “artificial pancreas” to fill in for a faulty original organ.

10. “...They must have a sad, boring life.”
    Not true! Sure, diabetes is a complicated disease that affects all aspects of your life, but it shouldn’t keep you from doing anything you put your mind to. You can eat what you want, you can play sports, drive cars, get pregnant, have kids... It just comes with a condition, which is being aware of the situation and managing your sugar.