

Summary of Differences Between Type 1 and Type 2 Diabetes

Type 1

Type 2

What is happening?

The body **attacks** the **cells** in the **pancreas** which means it **cannot** make any **insulin**

The body is **unable** to make **enough insulin**, or the insulin **doesn't work** properly.

Risk factors

Whilst there are **theories**, we **don't know** for **definite** what causes Type 1 Diabetes.

We know some things can put people at **risk** of having Type 2 like **weight** and **ethnicity**.

Symptoms

The symptoms for type 1 appear **quickly**

Type 2 symptoms can be easier to miss because they appear more **slowly**.

Management

Type 1 is managed by **taking insulin** to control **blood sugar**.

Type 2 diabetes can be managed in more ways than Type 1. These include through medication, **exercise** and **diet**. People with Type 2 can also be prescribed **insulin**.

Cure & Prevention

Currently there is **no cure** for Type 1 but research continues.

Type 2 cannot be cured but there is evidence to say in many cases it can be **prevented** and put into **remission**.