

Diabetes: Type 1 vs. Type 2

Diabetes is the medical term for people with a "high blood sugar" problem. Though they share the name diabetes, the two diseases are quite different.

What's the difference?

Type 1

- Accounts for 5-10% of people living with diabetes.
- Type 1 diabetes (T1D) is an autoimmune disease in which insulin-producing beta cells in the pancreas are mistakenly destroyed by the body's immune system.
- T1D seems to have a genetic component and can be diagnosed early in life but also in adulthood.
- Its causes are not fully known, and there is currently no cure.
- People with T1D are dependent on injected or pumped insulin to survive.
- T1D is not caused by poor diet or lack of exercise.

Camp Kudzu's mission is to educate, empower and inspire children & teens living with T1D.

Type 2

- Accounts for 90-95% of people living with diabetes.
- Type 2 diabetes (T2D) is often diagnosed later in life and can be due to genetic predisposition or behavior.
- T2D is a metabolic disorder in which a person's body still produces insulin but is unable to use it effectively.
- It can be managed with diet and exercise or medication.
- More serious cases may require insulin therapy.



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