

November is National Diabetes Awareness Month.

A Message from Meagan King, Medical Operations Officer of Frontera Healthcare

Last year, at the age of 36 years old, I was diagnosed as a Type 1 Diabetic. Yes, Type 1 Diabetes, commonly referred to as Juvenile Diabetes is usually diagnosed during early childhood. However, it has become increasingly diagnosed in young to middle aged adults. Type 1 Diabetes develops when the body's immune system mistakenly destroys insulin producing (islet) cells in the pancreas.

Once the islet cells of the pancreas are destroyed, little to no insulin is produced. Insulin performs the critical job of moving sugar (glucose) from the blood stream to the body's cell for energy.

Common symptoms of Type 1 Diabetes include;

- Fatigue
- Excessive Thirst
- Increased urination
- Headaches
- Unintentional weight loss
- Irritability
- Fruity Smelling Breath

I am sharing my story because this information not only brings awareness to the condition but also to share that the antibodies associated with type 1 diabetes can be detected months to even years before the first symptoms of Type 1 Diabetes appear. I now live with a continuous glucose monitor and insulin pump 24/7. I think this speaks volumes that diabetes is a full-time job. It's one that you learn as you go and every day presents new obstacles but there is no break. You don't get to give up and quit because for diabetics it's the difference between life and death.

Come visit with one of our Frontera providers if you have concerns you may be exhibiting signs of diabetes so we can help guide you on next steps.