

# 5 Myths about type 1 diabetes (T1D)

T1D often gets misdiagnosed and is surrounded by a lot of misconceptions. Here are 5 common myths debunked about this condition.

## Myth #1: You can't eat sugar if you have T1D

This is the most common myth about T1D. Those living with T1D can eat their favourite treats like any other person - the only difference is they need extra monitoring and management of their blood sugar levels.

## Myth #2: You must be overweight or obese to get T1D

T1D can affect people of all shapes and sizes and has nothing to do with weight. Obesity is often a risk factor with type 2 diabetes not T1D.

## Myth #3: Type 2 diabetes and T1D are pretty much the same thing

The conditions have similarities, but they are different. T1D is an autoimmune condition where the immune system attacks the cells that produce insulin. In type 2 diabetes, the pancreas still produces insulin, but the body doesn't respond to it well due to "insulin resistance".

## Myth #4: Only children get T1D

The condition can affect people at any age, from birth to old age.

## Myth #5: T1D can be cured with diet and exercise

While diet, exercise and other lifestyle factors can help manage T1D, it can't reverse the condition. T1D currently has no cure, and insulin remains the most effective treatment for this condition.

## The good news?

There's lots of exciting research being done on new treatments and cures for T1D. JDRF funds some incredible researchers with a vision of creating a world without T1D. We appreciate you for [Going Blue for Breakthroughs](#) and helping us advance life-changing research.



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