













Everything you need to know about diabetes

Whether you've just been diagnosed, support someone living with diabetes, or want to learn more, here's what diabetes is and how it's managed.

What is diabetes?

Diabetes mellitus, or diabetes, is a condition where there is too much glucose (sugar) in the blood. This happens when the body can't make enough insulin or can't use it properly. Insulin is a hormone that moves glucose from the blood into your cells for energy.

Three main types

 <h3>Type 1</h3> <p>An autoimmune condition. The immune system attacks the pancreas, stopping insulin production entirely.</p> <ul style="list-style-type: none">  Autoimmune  Not preventable  Insulin always required 	 <h3>Type 2</h3> <p>The body still produces insulin, but can't use it effectively. This is the most common type of diabetes.</p> <ul style="list-style-type: none">  Gradual onset  Sometimes preventable  Lifestyle and medication 	 <h3>Gestational</h3> <p>Occurs during pregnancy due to hormonal changes. Usually resolves after birth, but raises future risk.</p> <ul style="list-style-type: none">  During pregnancy  Usually temporary  Needs monitoring
--	--	--

IMPORTANT: Diabetes is not one condition. Each type has different causes, treatments, and impacts on daily life. What's true for one person may not be true for another. What everyone with diabetes shares is that, with the right support, information, and a care team behind them, a full and healthy life is possible.

Common signs and symptoms



Increased thirst



Frequent urination



Fatigue



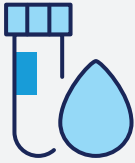
Blurred vision

Type 1 symptoms appear quickly and are severe. Type 2 symptoms may be mild or go unnoticed for years.

Managing and understanding diabetes

How is diabetes diagnosed?

Blood tests



HbA1c

Average glucose over time



Fasting blood glucose

Taken after not eating for at least eight hours



Glucose tolerance test

Measures response over two hours

How is each type managed?

Type 1



- Insulin treatment, always required
- Glucose monitoring
- Balanced eating and exercise

Type 2



- Balanced eating and exercise
- Tablets or injectable medications
- Insulin treatment may be needed over time

Gestational



- Blood glucose monitoring
- Healthy eating plan
- Medication and/or insulin treatment as needed

Common questions

Is diabetes caused by eating too much sugar?

No, this is one of the most common misunderstandings. Type 1 is an autoimmune condition with no lifestyle cause. Type 2 involves many risk factors, and diet is just one piece.

[Bust more myths](#)

Do people with type 2 need insulin?

Not necessarily. Many people manage without it, but diabetes can progress over time, and insulin treatment may become part of the picture. [Learn more](#)

What is prediabetes?

It's when blood glucose is higher than normal but not yet at diabetes levels. Think of it as an early signal and an opportunity to act before things progress. [Find out more](#)

Are type 1 and type 2 the same?

Type 1 and type 2 diabetes are completely different conditions. Understanding the difference really matters.

[Get the facts](#)

Where to get support

Diabetes Australia

diabetesaustralia.com.au

Your GP and diabetes care team

[Find a care team](#)

Peer and community support

[Find support](#)