

How is type 1 diabetes treated?

Just with insulin.

Today we have excellent insulins. While the chance of a type 1 diabetic to survive was completely zero before 1920, today we do not lose almost any of our patients from high blood sugar thanks to the insulins we have.

No matter how high the blood sugar is, we use insulin effectively and bring the patient back to life.

Death in diabetes nowadays is due to organ deficiencies due to arterial problems as a result of poor glycemic control.

That's why insulin is a very special drug for us. We are trying to give 2 types of insulin in type 1 diabetics. One of them is long-acting or intermediate-acting insulins. It is given once or twice a day. It is the insulin used to balance the sugar in our blood when we are hungry or 3-4 hours after eating. There are also rapid-acting insulins, which are used before each meal and used to bring the food we eat back to normal.

To summarize, medium or long-acting insulin is used once or twice a day, and short-acting insulin is used 3-4 times a day.