

### **What is the incidence of type 1 diabetes?**

Type 1 diabetes is less common compared to type 2.

Only about 10% of the diabetics are type 1.

Type 1 diabetes can fluctuate much more clearly at some ages. This is especially when the body's hormonal changes are most pronounced. For example, we see type 1 more frequently between the ages of 12 -15 and 12 -18 years.

The incidence of type 1 diabetes varies according to seasonal changes. For example, type 1 diabetes is most common in spring and autumn. This is probably due to the slightly higher incidence of viral infections during these periods.