

1, 1.5 and 2: The numbers of diabetes

ANCHOR LEDE

You've heard of Types 1 and 2 diabetes, but what about Type 1.5?

Singer Lance Bass is among the people who have shared their story about a diabetes diagnosis that was later found to be Type 1.5. Now, health care providers are continuing to educate the public about this relatively new term – one that deserves as much attention as Types 1 and 2.

TAKE VO

Aminat Ogun, a family medicine physician at OSF HealthCare, says Type 1.5 is a slow progressing form of Type 1. It's usually seen in adults. Symptoms are similar to Type 2: fatigue, nausea and vomiting.

Treatment is similar to Type 2: oral medication or an injectable GLP-1 like Ozempic®.

SOT

Dr. Aminat Ogun [AH-me-not // OH-gun]

OSF HealthCare

"But eventually once the autoimmune destruction happens, the person will need regular insulin. One good thing is that if you are aware the person might have Type 1.5, starting insulin earlier is a little bit better. Maybe that can preserve some of the cells in the pancreas and preserve some pancreas function." (:23)

VO TAG

Shoring up your diet and exercise can also help.