Managing Type 1 Diabetes in Adults

Prelims: *Current events of National and International Importance*

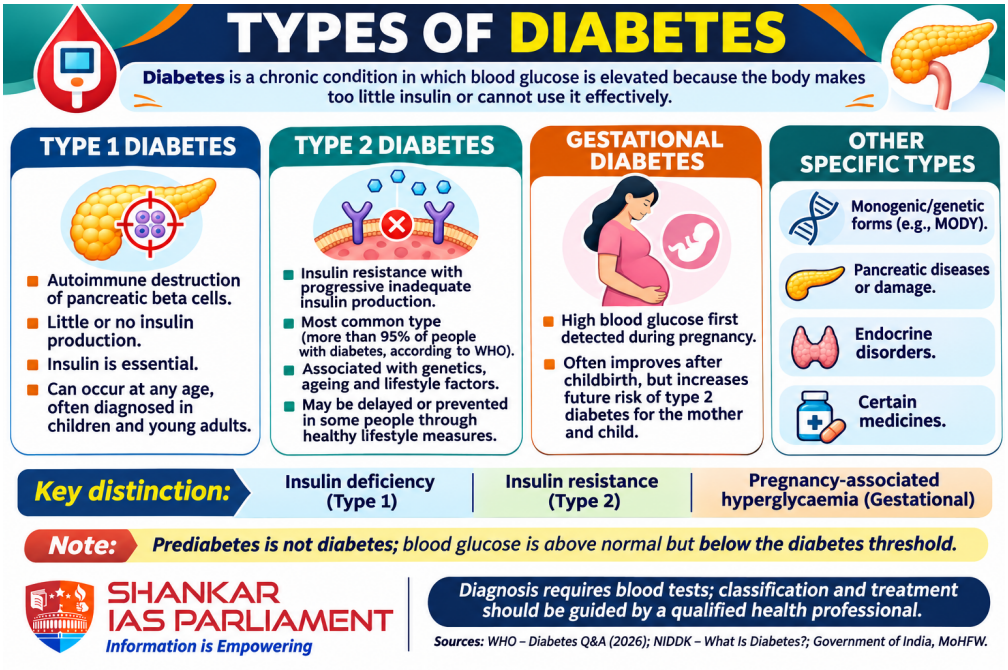
Why in News?

The World Health Organization issued its first guidelines on diagnosing and managing type 1 diabetes in adults ahead of World Diabetes Day in November 2026.

Designed for all settings—including low-resource, emergency, and humanitarian environments—the guidelines aim to support global 2030 targets for affordable insulin and blood glucose monitoring.

Recommendations

- **Insulin Regimens–** Multiple daily insulin injections with doses adjusted to blood glucose levels are recommended.
- Human insulin is highlighted as an effective, lower-cost option, alongside insulin analogues when needed or available.
- **Glucose Monitoring–** Regular monitoring is recommended, including periodic clinic blood tests (such as HbA1c/average blood sugar tests) and at-home checks via finger-prick testing or continuous glucose monitors (CGMs).
- Urine glucose testing may be used where blood glucose testing is unavailable.
- **Diagnosis & Care–** The guidance addresses diagnosis and classification—noting that adult-onset type 1 diabetes can be misdiagnosed as type 2 diabetes—and encourages involving people living with type 1 diabetes in shaping care programmes.



Reference

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