

## Diabetes Types and Its Preventive Measures

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### DESCRIPTION

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Sometimes your body doesn't make enough or any insulin or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells. Over time, having too much glucose in your blood can cause health problems. Although diabetes has no cure, you can take steps to manage your diabetes and stay healthy. Sometimes people call diabetes "a touch of sugar" or "borderline diabetes." These terms suggest that someone doesn't really have diabetes or has a less serious case, but every case of diabetes is serious.

### TYPES OF DIABETES

The most common types of diabetes are type 1, type 2, and gestational diabetes.

#### Type1 diabetes

If you have type1 diabetes, your body does not make insulin. Your immune system attacks and destroys the cells in your pancreas that make insulin. Type 1 diabetes is usually diagnosed in children and young adults, although it can appear at any age. People with type 1 diabetes need to take insulin every day to stay alive.

#### Type 2 diabetes

If you have type 2 diabetes, your body does not make or use insulin well. You can develop type 2 diabetes at any age, even during childhood. However, this type of diabetes occurs most often in middle-aged and older people. Type 2 is the most common type of diabetes.

### GESTATIONAL DIABETES

Gestational diabetes develops in some women when they are pregnant. Most of the time, this type of diabetes goes away after the baby is born. However, if you've had gestational diabetes, you

have a greater chance of developing type 2 diabetes later in life. Sometimes diabetes diagnosed during pregnancy is actually type 2 diabetes.

### SYMPTOMS OF DIABETES

#### Type 1 diabetes

It can start quickly, in a matter of weeks. Symptoms of type 2 diabetes often develop slowly over the course of several years and can be so mild that you might not even notice them. Many people with type 2 diabetes have no symptoms. Some people do not find out they have the disease until they have diabetes-related health problems, such as blurred vision or heart trouble.

#### Type 2 diabetes

It is the most common form of diabetes It is caused by Overweight, obesity, and physical inactivity, Insulin resistance, Genes and family history etc.

### GESTATIONAL DIABETES

Scientists believe gestational diabetes, a type of diabetes that develops during pregnancy, is caused by the hormonal changes of pregnancy along with genetic and lifestyle factors.

### CAUSES FOR TYPE 1 DIABETES

Type 1 diabetes occurs when your immune system, the body's system for fighting infection, attacks and destroys the insulin-producing beta cells of the pancreas. Scientists think type 1 diabetes is caused by genes and environmental factors, such as viruses, that might trigger the disease. Studies such as TrialNet are working to pinpoint causes of type 1 diabetes and possible ways to prevent or slow the disease.

### CAUSES FOR TYPE 2 DIABETES

Type 2 diabetes is caused by several factors, including lifestyle factors and genes.

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## CAUSES FOR GESTATIONAL DIABETES

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## PREVENTION

Type 1 diabetes isn't preventable because it's caused by a problem with the immune system. Some causes of type 2 diabetes, such as your genes or age, aren't under your control either.