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## Types of diabetes

Diabetes is a number of diseases that involve problems with the hormone insulin. Normally, the pancreas (an organ behind the stomach) releases insulin to help your body store and use the sugar and fat from the food you eat. Diabetes can occur when the pancreas produces very little or no insulin, or when the body does not respond appropriately to insulin.

Several countries in the world are still unaware of the danger of diabetes which can impact socially and economically. This lack of understanding is the biggest barrier to effective prevention strategies that could help halt the inexorable rise of type 2 diabetes.

### TYPE 1 DIABETES

Type 1 diabetes is caused by an autoimmune reaction, in which the body's defense system attacks the insulin-producing beta cells in the pancreas. As a result, the body can no longer produce the insulin it needs. Why this occurs is not fully understood. The disease can affect people of any age, but onset usually occurs in children or young adults. People with this form of diabetes need insulin every day in order to control the levels of glucose in their blood. Without insulin, a person with type 1 diabetes will die.

Type 1 diabetes often develops suddenly and can produce symptoms such as:

- Abnormal thirst and a dry mouth
- Frequent urination
- Lack of energy, extreme tiredness
- Constant hunger
- Sudden weight loss
- Blurred vision

### TYPE 2 DIABETES

It is the most common type of diabetes. It usually occurs in adults, but is increasingly seen in children and adolescents. In type 2 diabetes, the body is able to produce insulin but becomes resistant so that the insulin is ineffective. Over time, insulin levels may subsequently become insufficient. Both the insulin resistance and deficiency lead to high blood glucose levels.

The symptoms of type 2 diabetes include:

- Frequent urination
- Excessive thirst
- Weight loss
- Blurred vision

### GESTATIONAL DIABETES

Hyperglycemia that is first detected at any time during pregnancy is classified as either6:

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- Gestational diabetes mellitus
  - Diabetes mellitus in pregnancy

Women with slightly elevated blood glucose levels are classified as having gestational diabetes. It tends to happen during pregnancy time. Gestational diabetes tends to occur from the 24th week of pregnancy.

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