Different Types of Diabetes

Diabetes

Type 1

- Usually first diagnosed in children, teenagers, or young adults.
- The beta cells of the pancreas no longer make insulin. The body's immune system has attacked and destroyed them.
- Treatment for type 1 diabetes includes taking insulin, makinng wise food choices, being physically active, taking aspirin daily, and controlling blood pressure and cholesterol.

Type 2

- It is the most common form of diabetes and can be developed at any age- even during childhood.
- Usually begins with insulin-resistance, a condition where fat, muscle, and liver cells do not use insulin properly. The pancreas keeps up with the added demand by producing more insulin to begin with. In time, the pancreas loses the ability to secrete enough insulin in response to meals.
- Being overweight and inactive can increase the risk of developing type 2 diabetes.
- Treatment includes using diabetes medicine, making wise food choices, being physically active, taking aspirin daily, and controlling blood pressure and cholesterol.

Gestational

- Some women develop gestational diabetes during the late stages of pregnancy. It may go away after the baby is born, but the risk for developing type 2 diabetes increases later in life.
- It is caused by the hormone of pregnancy or a shortage of insulin.

Prediabetes

- Blood glucose levels are higher than normal but not high enough to be diagnosed as diabetes.
- Most people with prediabetes develop type 2 diabetes within 10 years.
- There is an increased risk for heart disease and stroke.
- With weight loss and physical activity, people with prediabetes can delay or prevent type 2 diabetes.