

Diabetes

What is Diabetes?

- Diabetes is a group of diseases that involve high blood sugar (glucose) level
- Every cell in your body needs some kind of energy to function

Type 1 diabetes is caused by the immune system destroying the cells in the pancreas that make insulin.

This causes diabetes by leaving the body without enough insulin to function normally. Which is called autoimmune reaction or autoimmune cause, as the body is attacking itself.

Some causes to Type 1 diabetes-

- Viral or bacterial infection
- Chemical toxins within foods
- Unidentified component causes autoimmune reactions
- Underlying genetic disposition may also be a Type 1 diabetes cause

Type 2 diabetes develops when the body becomes resistant to insulin or when the pancreas stop producing enough insulin in the body to maintain a normal blood glucose level. The reasons to why this happens is unknown. It is believed that

genetics and environmental factors, like unneeded weight and inactivity are contributing factors to Type 2 diabetes. The risk of developing Type 2 diabetes increases as you age.

Pre-diabetes can change to Type 2 diabetes if you don't make lifestyle changes, such as eating healthy, losing weight, if you are overweight, and regularly doing exercise. There is no single causes of Type 2 diabetes.

Type 2 diabetes symptoms-

- Increased thirst and frequent urination
 - Increased hunger
 - Weight loss
 - Fatigue
 - Blurred vision
- Slow-healing sores or frequent infections
 - Areas of darkened skin