

Commentary

General view of diabetes and its types

Philippe Chanson*

Departments of Medicine and Physiology, University of Montreal, Québec, Canada

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DISCRIPTION

Diabetes occurs when your body's cells are unable to absorb and use sugar (glucose) for energy. As a result, extra sugar builds up in your bloodstream. Diabetes that is not properly treated can have disastrous consequences, including damage to a range of organs and tissues in your body, such as your heart, kidneys, eyes, and nerves.

Types of diabetes

Type 1 diabetes: This is an autoimmune condition, which means your body fights itself. Insulin-producing cells in your pancreas are damaged in this illness. Up to 10% of all diabetics have type 1 diabetes. Children and young adults are the most commonly affected groups (but can develop at any age). Diabetes was first referred to as "juvenile" diabetes. Type 1 diabetics must take insulin on a regular basis. This is why it is also known as insulin-dependent diabetes.

Causes: Type 1 diabetes is caused by an immune system disorder. Your body attacks and destroys insulin-producing cells in your pancreas. If you don't have insulin to let glucose enter your cells, it builds up in your bloodstream. In other circumstances, genes may also play a role. A virus can also attack the immune system.

Risk factors for Type 1 diabetes include: Having a Type 1 diabetes family history (parent or sibling). Pancreatitis is a kind of pancreatitis (such as by infection, tumor, surgery or accident). There are autoantibodies (antibodies that mistakenly target your own body's tissues or organs). Physical tenseness (such as surgery or illness). Virus-caused illness exposure.

Type 2 diabetes: This kind happens when your body either doesn't create enough insulin or when your cells don't respond properly to insulin. The most common kind of

diabetes is diabetes mellitus. Type 2 diabetes affects up to 95% of diabetics. People in their forties and fifties are more likely to suffer from it. Diabetes type 2 is often referred to as adult-onset diabetes and insulin-resistant diabetes. Your parents or grandparents may have described you as "having a touch of sweetness."

Prediabetes: This is the stage that precedes Type 2 diabetes. Your blood glucose levels are greater than normal, but not yet high enough to diagnosis Type 2 diabetes.

Causes: Type 2 diabetes and prediabetes are caused by the following factors: The cells in your body do not allow insulin to function properly, allowing glucose to enter the cells. Insulin resistance has developed in your body's cells. Your pancreas is incapable of keeping up and producing enough insulin to overcome this resistance. Glucose levels in your blood rise.

Risk factors for prediabetes and Type 2 diabetes include:

A family history of prediabetes or Type 2 diabetes (parent or sibling). Being African-American, Hispanic, Native American, Asian-American, or Pacific Islander. Being exceedingly obese. Having an abnormally high blood pressure reading. Having a low amount of HDL (the "good" cholesterol) and a high triglyceride level being physically sedentary. Having at least 45 years of age. Having gestational diabetes or giving birth to a baby weighing more than 9 pounds. Having polycystic ovary syndrome a family history of cardiovascular disease or stroke. Being a smoker of cigarettes.

Gestational diabetes: This kind occurs in some pregnant women. Gestational diabetes normally resolves itself after the pregnancy. If you have gestational diabetes, however, you are more likely to develop Type 2 diabetes later in life.

Causes: During pregnancy, the placenta's hormones make your body's cells more resistant to insulin. Your pancreas isn't producing enough insulin to overcome this resistance. Your bloodstream has an overabundance of glucose.

Risk factors for gestational diabetes include: A family history of prediabetes or Type 2 diabetes (parent or sibling). Being black, Hispanic, Native American, or Asian-American. Being overweight before to pregnancy. Being over the age of 25.