



THERE ARE TWO MAIN TYPES OF DIABETES

Type 1 and Type 2. Both types of diabetes are chronic diseases that affect the way your body regulates blood sugar, or glucose. Glucose is the fuel that feeds your body's cells, but to enter your cells it needs a key. Insulin is that key.

People with type 1 diabetes don't produce insulin. You can think of it as not having a key.

People with type 2 diabetes don't respond to insulin as well as they should and later in the disease often don't make enough insulin. You can think of this as having a broken key.

Both types of diabetes can lead to chronically high blood sugar levels. That increases the risk of complications.

WHAT ARE THE SYMPTOMS OF DIABETES?

Both types of diabetes, if not controlled, share many similar symptoms, including:

- Frequent urination
- Feeling very thirsty and drinking a lot
- Feeling very hungry
- Feeling very fatigued
- Blurry vision
- Cuts or sores that don't heal properly

People with type 1 diabetes may also experience irritability and mood changes, and unintentionally lose weight. People with type 2 diabetes may also have numbness and tingling in their hands or feet.

Although many of the symptoms of type 1 and type 2

diabetes are similar, they present in very different ways. Many people with type 2 diabetes won't have symptoms for many years.

Then often the symptoms of type 2 diabetes develop slowly over the course of time. Some people with type 2 diabetes have no symptoms at all and don't discover their condition until complications develop.

The symptoms of type 1 diabetes develop fast, typically over the course of several weeks. Type 1 diabetes, which was once known as juvenile diabetes, usually develops in childhood or adolescence. But it's possible to get type 1 diabetes later in life.

WHAT CAUSES DIABETES?

Type 1 and type 2 diabetes may have similar names, but they are different diseases with unique causes.

CAUSES OF TYPE 1 DIABETES: The body's immune system is responsible for fighting off foreign invaders, like harmful viruses and bacteria. In people with type 1 diabetes, the immune system mistakes the body's own healthy cells for foreign invaders. The immune system attacks and destroys the insulin-producing beta cells in the pancreas. After these beta cells are destroyed, the body is unable to produce insulin.

Researchers don't know why the immune system attacks the body's own cells. It may have something to do with genetic and environmental factors, like exposure to viruses. Research is ongoing.

CAUSES OF TYPE 2 DIABETES: People with type 2 diabetes have insulin resistance. The body still produces insulin, but it's unable to use it effectively. Researchers aren't sure why some people become insulin resistance and others don't, but several lifestyle factors may contribute, including excess weight and inactivity.

Other genetic and environmental factors may also contribute. When you develop type 2 diabetes, your pancreas will try to compensate by producing more insulin. Because your body is unable to effectively use insulin, glucose will accumulate in your bloodstream.

WHAT ARE THE RISK FACTORS FOR TYPE 1 AND TYPE 2 DIABETES?

RISK FACTORS FOR TYPE 1 DIABETES INCLUDE:

- Family history: People with a parent or sibling with type 1 diabetes have a higher risk of developing it themselves.
- Age: Type 1 diabetes can appear at any age, but it's most common among children and adolescents.
- Geography: The prevalence of type 1 diabetes increases the farther away you are from the equator.
- Genetics: The presence of some gene's points to an increased risk of developing type 1 diabetes.
- Type 1 diabetes can't be prevented.

YOU ARE AT RISK OF DEVELOPING TYPE 2 DIABETES IF YOU:

- Have prediabetes (slightly elevated blood sugar levels)
- Are overweight or obese
- Have an immediate family member with type 2 diabetes
- Are over age 45
- Are physically inactive
- Have ever had gestational diabetes, which is diabetes during pregnancy
- Have given birth to a baby weighing more than 9 pounds
- Are African American, Hispanic, or Latino American, American Indian, or Alaska native
- Have polycystic ovarian syndrome
- Have a lot of belly fat

IT MAY BE POSSIBLE TO LOWER YOUR RISK OF DEVELOPING TYPE 2 DIABETES THROUGH LIFESTYLE CHANGES:



- Maintain a healthy weight.
- If you're overweight, work with your doctor to develop a healthy weight-loss plan.
- Increase your activity levels.
- Eat a balanced diet, and reduce your intake of sugary or overly processed foods.