



DIABETES AND ITS TYPES

What is Diabetes?

Diabetes is a chronic metabolic disease characterized by elevated levels of blood glucose that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces.

What Are the Different Types of Diabetes?

- A. Type 1 diabetes
- B. Type 2 diabetes (most common)
- C. Gestational diabetes mellitus
- D. Specific types of diabetes due to other causes (rare)

May be due to disease of the pancreas, Maturity Onset Diabetes of the Young (MODY), Latent Autoimmune Diabetes in Adults (LADA), neonatal diabetes, following certain medications, and some rare syndromes.

What causes diabetes?

The multifactorial causation of diabetes involves genes, epigenetic events and environmental factors.

Risk factors for Diabetes are :

- ≥ 35 years of age. Children and teens can also develop type 2 diabetes, but the risk increases as a person gets older.
- Family history of diabetes.
- Of African American, American Indian, Asian American, Hispanic/Latino, or Pacific Islander ancestry
- Sedentary lifestyle
- History of heart disease
- History of gestational diabetes
- Overweight /obese (esp around the waist)
- Prediabetes
- Hypertension
- High blood lipids
- PCOS (Polycystic Ovarian Syndrome)
- Acanthosis Nigricans (black, velvety skin seen in the nape of the neck or armpits)
- Weight $>4\text{kg}$ at birth

What are the symptoms of diabetes?

In type 1 diabetes, symptoms tend to develop quickly and are more pronounced. Many type 2 diabetes patients are asymptomatic. Common symptoms of diabetes : Increased thirst, Increased hunger, Increased urination, Weight loss, Tiredness / weakness, Irritability / mood swings, Blurred vision, Numbness and tingling, Delayed healing of wounds, Infections – esp skin and genital infections

What is Type 1 diabetes?

Occurs due to destruction of β -cells (insulin producing cells), of the pancreas resulting in little or no insulin production. Usually seen in children and teenagers, but it can occur at any age.

What is Type 2 diabetes?

Due to a progressive insulin secretory defect leading to relative insulin deficiency on the background of insulin resistance ie the body's cells resist the effects of normal insulin. Type 2 diabetes is the most common type of diabetes and is usually seen in middle and late adulthood.

What is Gestational diabetes mellitus (GDM)?

GDM is diabetes diagnosed in pregnancy for the first time, esp in the 24th to 28th week of pregnancy

What is secondary diabetes?

Secondary diabetes is diabetes that results as a consequence of another medication, endocrine disease or hereditary disease. Steroid is the most common drug inducing secondary diabetes.

What is MODY (Maturity-Onset Diabetes of the Young)?

MODY is characterized by impaired insulin secretion with minimal or no defects in insulin action. It is inherited in an autosomal dominant pattern presenting before 25 years of age, seen in at least two to three successive generations.

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