Diabetes - A Silent Killer
What is Diabetes?

- Diabetes is a metabolic disorder in which the body fails to utilize the ingested glucose properly. This is due to lack of the hormone, Insulin or because the available Insulin is not working effectively.

- Insulin is produced in the Pancreas of the body that regulates the amount of glucose in the blood.

- People with diabetes have high blood glucose levels because their body cannot move glucose from the blood into muscle and fat cells to be burned or stored for energy.

- Over the time Diabetes can cause serious health problems that is it can damage the eyes, heart, kidneys and nerves of the human body.
Classification of Diabetes

Diabetes is a rotting disease that gradually spreads and damages the entire body. Diabetes Mellitus can be chiefly classified into three main types:

**Type 1 Diabetes** - In Insulin Dependent Diabetes Mellitus or Juvenile Onset Diabetes, patients mostly depend on Insulin. There arises an inability of the pancreas to produce the required amount of insulin in the body. This mostly occurs in the younger age group and the affected person is usually underweight.

**Type 2 Diabetes** - In Non-Insulin Dependent Diabetes or Adult Onset Diabetes, patients do not have to depend on Insulin. The pancreas produces Insulin but the action is weakened. This mostly occurs in the adult age group and the affected person is usually overweight.

**Gestational Diabetes** - During pregnancy, Glycosuria or Gestational Diabetes is very common. This happens because of the increased volume of blood circulating in the body and its load of metabolites due to which the glucose tolerance in the body gets decreased.
Causes of Diabetes

The causes of Type 1 Diabetes may be listed as following:

- **Genetic Susceptibility** - Heredity plays a very significant role in deciding who is possibly to develop Type 1 Diabetes. As such, Diabetic parents are more likely to pass down Diabetes to their children.

- **Autoimmune Destruction of Beta Cells** - Beta Cells happen to be a different set of cells in the pancreas that are responsible for the production, storage and release of the hormone Insulin that regulates the levels of Glucose in the blood. When white blood cells called T cells attack and destroy the Beta cells, people develop Type 1 Diabetes.

- **Environmental Factors** - Environmental factors like foods, viruses, toxins etc. may be responsible for causing Type 1 Diabetes.
Causes of Diabetes

The causes of Type 2 Diabetes may be listed as following:

• **Genetic Susceptibility**- Heredity plays a very significant role in deciding who is possibly to develop Type 2 Diabetes. Having certain genes or combinations of them from Diabetic parents may possibly rise the risk for developing Type 2 Diabetes.

• **Obesity and Physical Inactivity**- Obesity and lack of physical activity is highly associated with the development of Type 2 Diabetes. If there is no proper balance between calorie intake and physical activity, Obesity may be caused resulting in Insulin resistance and thereby Type 2 Diabetes.

• **Abnormal Glucose Production**- A sudden and abnormal increase in the production of Glucose by the Liver may attribute to high Glucose levels in blood thereby resulting in Type 2 Diabetes.
Symptoms of Diabetes

A Diabetic person tends to experience a specific set of signs and symptoms of Diabetes. Sometimes there may or may not be any signs and symptoms. The signs and symptoms may be listed as following:

- Frequent Urination
- Increased Hunger
- Excessive Thirst
- Tiredness
- Weight Loss
- Blurred Vision
- Tingling sensation or numbness in hands or feet
- Frequent Infections
- Slow healing wounds
- Stomach Pain
- Vomiting
- Lack of interest and concentration
Thank You!