

Diabetes type1and tybe2

Overview

Diabetes mellitus refers to a group of diseases that affect how the body uses blood sugar (glucose). Glucose is an important source of energy for the cells that make up the muscles and tissues. It's also the brain's main source of fuel.

The main cause of diabetes varies by type. But no matter what type of diabetes you have, it can lead to excess sugar in the blood. Too much sugar in the blood can lead to serious health problems.

Chronic diabetes conditions include type 1 diabetes and type 2 diabetes. Potentially reversible diabetes conditions include prediabetes and gestational diabetes. Prediabetes happens when blood sugar levels are higher than normal. But the blood sugar levels aren't high enough to be called diabetes. And prediabetes can lead to diabetes unless steps are taken to prevent it. Gestational diabetes happens during pregnancy. But it may go away after the baby is born.

Symptoms

Diabetes symptoms depend on how high your blood sugar is. Some people, especially if they have prediabetes, gestational diabetes or type 2 diabetes, may not have symptoms. In type 1 diabetes, symptoms tend to come on quickly and be more severe.

Some of the symptoms of type 1 diabetes and type 2 diabetes are :

Feeling more thirsty than usual.

Urinating often.

Losing weight without trying.

Presence of ketones in the urine. Ketones are a byproduct of the breakdown of muscle and fat that happens when there's not enough available insulin.

Feeling tired and weak.

Feeling irritable or having other mood changes.

Having blurry vision.

Having slow-healing sores.

Getting a lot of infections, such as gum, skin and vaginal infections.

Type 1 diabetes

Type 1 diabetes, once known as juvenile diabetes or insulin-dependent diabetes, is a chronic condition. In this condition, the pancreas makes little or no insulin. Insulin is a hormone the body uses to allow sugar (glucose) to enter cells to produce energy.

Different factors, such as genetics and some viruses, may cause type 1 diabetes. Although type 1 diabetes usually appears during childhood or adolescence, it can develop in adults.

Even after a lot of research, type 1 diabetes has no cure. Treatment is directed toward managing the amount of sugar in the blood using insulin, diet and lifestyle to prevent complications.

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Symptoms

Type 1 diabetes symptoms can appear suddenly and may include.

Feeling more thirsty than usual

Urinating a lot

Bed-wetting in children who have never wet the bed during the night

Feeling very hungry

Losing weight without trying

Feeling irritable or having other mood changes

Feeling tired and weak

Having blurry vision

Diagnosis

Type 2 diabetes

The glycated hemoglobin test most often diagnoses type 2 diabetes. Also called the A1C test, it reflects the average blood sugar level for the past two to three months. Results mean the following:

Below 5.7% is healthy.

to 6.4% is prediabetes 5.7%.

or higher on two separate tests means diabetes 6.5%.

If there are no A1C tests or if you have certain conditions that get in the way of A1C test results, your healthcare professional may use the following tests to diagnose diabetes:

Random blood sugar test. Blood sugar values show in milligrams of sugar per deciliter (mg/dL) or millimoles of sugar per liter (mmol/L) of blood. It doesn't matter when you last ate. A level of 200 mg/dL (11.1 mmol/L) or higher suggests diabetes. This is most likely if you also have symptoms of diabetes, such as urinating often and being very thirsty.

Fasting blood sugar test. You give a blood sample for testing after not eating overnight. Results are as follows:

Less than 100 mg/dL (5.6 mmol/L) is healthy.

to 125 mg/dL (5.6 to 6.9 mmol/L) is prediabetes 100.

mg/dL (7 mmol/L) or higher on two tests is diabetes 126.

Oral glucose tolerance test. This mainly tests the blood sugar of people who are pregnant and those who have cystic fibrosis. You don't eat for a certain amount of time. Then you drink a sugary liquid at your healthcare team's office. You give blood samples over two hours to test blood sugar levels. Results are as follows:

Less than 140 mg/dL (7.8 mmol/L) after two hours is healthy.

to 199 mg/dL (7.8 mmol/L and 11.0 mmol/L) is prediabetes 140.

mg/dL (11.1 mmol/L) or higher after two hours suggests diabetes 200.

Screening. The American Diabetes Association suggests that all adults age 35 or older have routine tests for type 2 diabetes. Others to be tested include.

People younger than 35 who are overweight or obese and have one or more risk factors linked to diabetes.

Women who had diabetes while pregnant, called gestational diabetes.

People who have been diagnosed with prediabetes.

Children who are overweight or obese and who have a family history of type 2 diabetes or other risk factors.

After a diagnosis

If you're diagnosed with diabetes, your healthcare professional may do other tests to see whether you have type 1 or type 2 diabetes. Treatment depends on which condition you have.

Your healthcare team tests A1C levels at least two times a year and when your treatment changes. Target A1C goals depend on age and other factors. For most people, the American Diabetes Association suggests an A1C level below 7%.

You also have other tests to screen for complications of diabetes and other medical conditions.