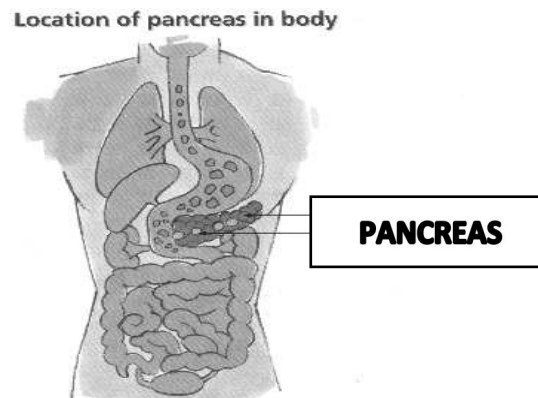


What is Diabetes?

Diabetes is a disorder in which *concentration of the blood glucose is higher than the normal (Hyperglycemia)* in our body. Glucose is the simplest form of the sugar present in our blood and called as blood glucose or blood sugar.

When we eat certain food, our body breaks them out into simplest molecules of sugar called as glucose. Glucose then enters into our bloodstream, where it travels to all of the cells in the body. Cells use this glucose as energy for doing all the functions. In order to keep body in active state the blood glucose levels should be present within normal range. For this, the almighty has given us an organ in our body called as “Pancreas”, a large gland behind the stomach.



What causes Diabetes?

In diabetes either the pancreas cannot produce enough insulin or what is produced is not effective in controlling the blood sugar. Although the actual cause is not clear, heredity, obesity, sedentary lifestyle and aging are risk factors.

Symptoms of Diabetes

Many diabetics may not be aware of the onset of the disease. Quite often, they come to know of it only during a routine check-up. The following symptoms in an otherwise healthy person should make him suspect that he/she may be diabetic:

- Excessive thirst (polydipsia)
- Increased appetite (polyphagia)
- Frequent urination (polyuria)
- Loss of weight
- Easy tiredness
- Slow healing of cuts and wounds

Types Of Diabetes

Type 1 diabetes : Usually this type of diabetes affects Children or Adolescents

The exact cause of type 1 diabetes is unknown. Usually, the body's own immune system — which normally fights harmful bacteria and viruses — mistakenly destroys the insulin-producing (islet, or islets of Langerhans) cells in the pancreas. Other possible causes include genetic factors and exposure to viruses and other environmental factors. In type 1 diabetes, the pancreas stops making insulin because the cells that make the insulin have been destroyed by the body's immune system. Without insulin, the body's cells cannot turn glucose (sugar), into energy. People with type 1 diabetes depend on insulin every day of their lives to replace the insulin the body cannot produce.

Type 2 diabetes : Usually this type of diabetes affects Adults

Type 2 diabetes is the most common form of diabetes. In type 2 diabetes, your body does not use insulin properly and this is called as insulin resistance. At first, the pancreas makes extra insulin to make up for it. But, over time your pancreas isn't able to keep up and can't make enough insulin to keep your blood glucose levels normal. Type 2 diabetes is treated with lifestyle changes, oral medications (pills), and insulin.

Gestational Diabetes : Diabetes of Pregnancy

Gestational diabetes is high blood sugar that develops during pregnancy and usually disappears after delivery. It can occur at any stage of pregnancy, but is more common in the second half. It occurs if your body cannot produce enough insulin to meet the extra needs in pregnancy.

Gestational diabetes can cause problems for you and your baby during and after birth. But the risk of these problems happening can be reduced if it's timely detected and adequately managed.