

TYPE 01

What Is It?

Diabetes is a common disorder. It's marked by high blood sugar. Insulin controls how much sugar stays in your blood. The pancreas makes the hormone insulin. People who have type 1 diabetes can no longer make this hormone.

There are two main types of diabetes: type 1 and type 2. Most people with diabetes have type 2. Type 1 diabetes often starts in childhood. But, it can start in adulthood. Type 2 diabetes often starts after age 40. In type 2, the cells of the body do not use insulin well. Obese people are at risk for type 2. Now we will talk about type 1.

Symptoms

At first, symptoms may include:

- a need to urinate often
- extreme thirst and hunger
- weight loss
- more skin and vaginal infections

It is key to treat high blood sugar. If you don't, it can lead to a serious problem called ketoacidosis. This is often the first sign of type 1 diabetes in children. It can result in a coma or death.

Insulin is used to treat type 1 diabetes. It can cause low blood sugar. Symptoms of low blood sugar may include:

- sweating
- trembling
- dizziness
- hunger
- confusion
- seizures
- loss of consciousness

TYPE 02

What Is It?

Diabetes is a common health problem in the U.S. and the world. In diabetes, the body does not use the food it digests well. It is hard for the body to use carbohydrates and fats. The main marker of diabetes is high blood sugar ("glucose"). Your blood sugar is kept in check by insulin. Insulin is a hormone that is made in the pancreas. When you get diabetes, it is related to two things:

- The amount of insulin your body makes
- How well your body's cells use insulin.

There are two different types of diabetes: type 1 and type 2. Only about 5% of people have type 1. Type 1 used to be called other names ("juvenile diabetes", "insulin-dependent diabetes"). In type 1, the pancreas does not make insulin. It usually starts as a child or teen. Type 2 often starts after age 40. Type 2 used to be called other names too ("adult-onset diabetes"). In type 2, your pancreas makes insulin. But, it does not make enough insulin. Or, your body cannot use the insulin as well. This often happens when you are obese. At first, your body will make more insulin to try to keep up. But, when the body can no longer keep up, diabetes comes on. Type 2 often runs in families.

Symptoms

Symptoms of type 2 come from high blood sugar. They include:

- Frequent urination
- Extreme thirst and hunger
- Weight loss
- More likely to get skin and vaginal infections
- Infections or cuts that heal very slowly or not at all.

Blood sugar that is not in control can lead to coma. There are two types of comas:

- The form that happens in type 1 diabetes (called "ketoacidosis")
- The form that happens in type 2 diabetes (called "hyperosmolar")

You may take insulin or pills to make your blood sugar go down. If your blood sugar drops too far you will get low blood sugar (called "hypoglycemia"). Low blood sugar has symptoms. They include:

- sweating
- trembling
- dizziness
- hunger
- confusion
- seizures
- loss of consciousness