Types of Diabetes

- Diabetes mellitus is a group of diseases characterized by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. There are several types of diabetes.
- **Type 1** diabetes most often appears during childhood or adolescence and accounts for 5-10% of all diagnosed cases of diabetes. In type 1 diabetes, the body’s immune system destroys the cells that produce insulin, the substance necessary to regulate blood glucose.
- **Type 2** diabetes usually begins as insulin resistance, a disorder in which the cells do not use insulin properly. As the need for insulin rises, the pancreas gradually loses its ability to produce insulin. Type 2 accounts for 90-95% of diagnosed diabetes. Type 2 diabetes most often appears in people older than 40 but is increasingly being diagnosed in children and teens and is no longer considered an adults-only disease.
- **Gestational** diabetes is a form of glucose intolerance diagnosed in some women during pregnancy. Women who are diagnosed with gestational diabetes during pregnancy have a 20-50% chance of developing diabetes in the next 5-10 years. A portion (5-10%) of these women will have type 2 diabetes immediately following pregnancy.
- **Prediabetes** is a condition that occurs when a person’s blood glucose levels are higher than normal, though not high enough to be diagnosed with diabetes. People with prediabetes are at increased risk of developing type 2 diabetes, heart disease and stroke.

Risk Factors

- **Type 1** – autoimmune, genetic and environmental.
- **Type 2** – older age, obesity, physical inactivity, race/ethnicity (African-Americans, Hispanic/Latino Americans, American Indians, and some Asian American and Pacific Islanders), family history of diabetes, and prior history of gestational diabetes.
- **Gestational** – obesity, race/ethnicity (African-Americans, Hispanic/Latino Americans, and American Indians), and family history of diabetes.

Prevention

- At present, there is no known way to prevent type 1 diabetes.
  Engaging in regular physical activity and losing weight can help prevent type 2 diabetes.

Cost

In 2002, the average yearly health care cost for a person with diabetes in the U.S. was $13,243, compared with $2,560 for a person without diabetes.
Complications of Diabetes

- Diabetes is the 6th leading cause of death in the U.S.
- Adults with diabetes are two to four times more likely to die of heart disease than adults without diabetes and are two to four times more at risk of having a stroke.
- About 60–70% of people with diabetes experience mild to severe forms of nervous system damage.
- More than 60% of nontraumatic lower extremity amputations occur in people with diabetes.
- Diabetes is the leading cause of new cases of blindness among adults 20–74 years of age.
- Diabetes is the leading cause of kidney failure.
- Uncontrolled diabetes during the second and third trimesters of pregnancy can result in excessively large babies, posing a risk to the mother and child.

Preventing Complications of Diabetes

- Attend diabetes self-management class.
- See a health professional yearly.
- Have A1C test two to four times a year.
- Control
  - Blood glucose levels
  - Blood pressure, and
  - Blood lipids.
- Quit smoking.
- Get a yearly
  - Comprehensive foot exam,
  - Dilated eye exam,
  - Dental exam, and
  - Flu shot.
- Get a pneumonia shot.
- Exercise three times a week for at least 20 minutes.
- Eat healthy foods.
- Lose weight if BMI >25.

References

1- Centers for Disease Control and Prevention. National Diabetes Fact Sheet, 2005

2- Centers for Disease Control and Prevention. FAQs: Basics About Diabetes, 2006
   http://www.cdc.gov/diabetes/faq/basics.htm

3- Health Disparities Collaborative. HDC Topics: Diabetes

Indiana State
Department of Health

5.16.07