



Types of Diabetes

There are multiple diagnoses for different levels of insulin resistance or lack of insulin production. Each type is different and has different causes, but they all result in the same thing- a higher than normal blood glucose level, and potential for long term health risks.

Pre-diabetes

Pre-diabetes describes a state that causes someone to be at a higher risk for developing type 2 diabetes. It is diagnosed by the slightly higher than normal blood glucose level and without treatment it is linked to a future development of diabetes. If you are diagnosed with pre-diabetes, making lifestyle changes such as increasing activity levels and losing 7% of your body weight can prevent diabetes from developing. It's a good idea for everyone over the age of 45 to have routine blood glucose tests during a yearly checkup!

Type 1 Diabetes

Type 1 diabetes is caused when the beta cells in the pancreas stop producing insulin. Since the pancreas will no longer create insulin, insulin injections are necessary. People are generally diagnosed with this type during childhood or adolescence, but it can develop at any age.

Type 2 Diabetes

Type 2 diabetes occurs when a person is not producing enough insulin, or when a person's body is not responding properly to the amount of insulin he or she is producing. This can occur due to genetic causes or because of excess weight and a lack of physical activity. Various treatments exist for type 2 diabetes and are often used together. They can include lifestyle management through diet and exercise, medications, and insulin injections.

Gestational Diabetes

The onset for gestational diabetes occurs during pregnancy. An increase in hormones can cause the increase in blood glucose, and this often will go away once the baby is born. Being over the age of 25, being overweight, having a family history of the disease, giving birth to a baby weighing more than 9 pounds, and having high blood pressure increases your risk for having gestational diabetes. If you are diagnosed with gestational diabetes, you are more likely to later be diagnosed with Type 2 diabetes, if not controlled.

While these are all different types of diabetes that occur for different reasons, they all cause high blood glucose and should be managed accordingly with diet, exercise, and medical treatment.