MAIN CAUSES OF DIABETES

There are mainly two types of diabetes that is the type 1 and type 2.

Type 1 diabetes basically occurs when the immune system destroys the insulin in the body hence the body is unable to produce insulin resulting to a high blood sugar level,it can also be caused by viruses and environmental factors that trigger the disease and it mostly appears during childhood or adolescence with the first peak occurring between 4 and 7 years old.The second peak is in children between 10 and 14 years old.

Type 2 diabetes is caused by Obesity such that if you are not physically active /overweight this weight causes insulin resistance resulting to diabetes.

Hormonal diseases also cause the body to produce too much hormones that end up causing insulin resistance.

Genes and family history of diabetes also causes diabetes type 2 this include genetic mutation that causes change in a single gene and the changes are passed through families and sometimes the mutation can happen on its own where the pancreas becomes less able to produce insulin thus bringing up diabetes.

Some types of medicine can harm the cells that produce insulin(beta cells) and may lead to development of diabetes.