**Main cause of Diabetes**

Student's Name

Institutional Affiliation

Course

Professor's Name

Due Date

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 Diabetes is a condition that occurs when the blood sugar level in the body is too high. It emerges when the pancreas fails to produce enough insulin, or when the body lacks a proper respondence towards the effects of the insulin. Insulin is a hormone produced by the pancreas that aids glucose get into the human body cells so as to be utilized for energy. If a person suffers from diabetes, his or her body does not manufacture enough insulin, as a result, Glucose is subjected to stay in the blood hence not reaching to the cells.

 Diabetes is a defect that affect both genders including the young and the old. According to World Health Organization(WHO) The total number of people with diabetes surged from 108 million in 1980 to 422 million in 2014. The Defect is among the major causes of kidney failure, heart attack, blindness and stroke. According to the research that was done from the year 2000 to 2019, there has been a 3% increase in diabetes mortality rates by age. In 2019, kidney diseases brought about by diabetes caused an approximately 2 million deaths.

 The major causes of Diabetes are classified in relation to types. There exists two types of diabetes : Type 1 and Type 2. Type 1 diabetes is caused when the immune system responsible for fighting infection, attacks and destroys the insulin-manufacturing beta cells of the pancreas. Many Scientists believe that type 1 diabetes is caused by genes and environmental factors, these include ; viruses, that might boost the disease up.

 On the other hand, Type 2 Diabetes, which is considered the most common form of diabetes is usually caused by several factors. These factors include the personal lifestyle of an individual at the first place and genes at the second place.

Overweight, obesity, and lack of physical exercises are the other additional factors. A person is more vulnerable and likely to develop type 2 diabetes if he or she is not physically active, to add on it, sometimes, extra weight results to insulin resistance, this is common in people with type 2 diabetes. The position of body fat also makes a difference.

 Amicably speaking, Type 2 diabetes is also brought up by insulin resistance, a state where both the muscle, liver, and fat cells fail to use the insulin hormones produced well. As a result, human body might need more insulin to aid the glucose enter into the body cells. At first phase , the pancreas may produce more insulin to cope with the added demand. Hence, As the the time goes by, the pancreas might fails to produce enough insulin, a condition that may lead to a high blood sugar level.

Extensively, As in type 1 diabetes, certain genes might make a person more likely to develop type 2 diabetes. This disorder tends to run in families. Genes can also increase the risk of type 2 diabetes by increasing a person’s tendency to become overweight or have obesity.

 Apart from the causes mentioned above, diabetes can also be brought about when the pancreas is Damaged or removed, this is because the production and manufacturing of Insulin hormone will be hindered. Pancreatic cancer and trauma can lead to a vast harm to the beta cells or make them less able to produce insulin, resulting in diabetes. In summary, If the damaged pancreas is removed, diabetes will occur due to the loss of the beta cells which is responsible for insulin production.

 Moreover, Sometimes certain medicines can cause a great harm to beta cells or disrupt the functions of the insulin. Major examples include the following ; niacin, psychiatric drugs, pentamidine, and glucocorticoids. Therefore, it is quite advisable to always seek medical advices from experts and Professional doctors since most of them have got their own side effects which might subject the body to be more weaker hence vulnerable to diabetic infections.

 Furthermore, Hormonal diseases such as Cushing’s syndrome, cortisol and Hyperthyroidism causes the body to manufacture more of certain hormones, which sometimes leads to insulin resistance and diabetes.

 From the above discussion, it can be concluded that the main cause of diabetes is when The hormone insulin fails to move the excessive sugar from the blood into the body cells to be stored or used for energy. Moreover, it is also good to note that Untreated high blood sugar level in the body which in turn leads to diabetes can damage our nerves, eyes, kidneys, and other important body organs. Hence, educating ourselves about diabetes and taking protective steps to prevent,minimize, manage it can help us in protecting our health.

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