MAIN CAUSES OF DIABETES

NAME:

INSTITUTION:

LECTURER:

DATE:

**Main causes of Diabetes**

**Diabetes Mellitus is a series of metabolic disorder associating with high level of glucose in body resulting from either failure in insulin secretion or insulin action or both(a).**

**Main factors responsible for this problem are Genetic disorder, Behavioral risk factors, Environmental risk factors and other Non-genetic determinants of Diabetes that are modifiable e.g. Obesity and physical inactivity(b). Obesity is the cause many other health problems. (c)**

**Diabetes is a disorder of metabolic process in which glucose level of the body increases from the normal level due to either increased secretion of insulin or inactivity of insulin or both.**

**Increase in glucose level for a long time causes serious complications such as dysfunction and failure of different organs like eyes, kidneys, Nerves, Heart and blood vessels.**

**Diabetes Mellitus is associated with some other pathogenic processes. It starts with destruction of Beta cells of the pancreas by autoimmune disease causing low secretion of insulin from beta cells of the pancreas and desensitization of receptor responsible for the action of insulin. From these abnormalities in insulin, the normal metabolic process of proteins, fats and Carbohydrates are disturbed thus resulting to diabetes(d).**

**There are two types of Diabetes I.e. Diabetes Mellitus 1 and Diabetes Mellitus 2. In Diabetes Mellitus 1, Beta cells fail to produce insulin. Due to low level of insulin, level of glucose increases in the body which is the main cause of diabetes mellitus. In Diabetes Mellitus 2, the body fails to utilize insulin. Due to improper use of insulin, the level of glucose decrease in the body causing diabetes mellitus.**

**Overeating, Smoking, increase in alcohol intake, disorder of nervous and endocrine system, increase in cortisol, abnormalities in sex hormone secretion, lowered energy consumption due to lack of exercise and Genetic factors such as Aging causes diabetes mellitus (e).**

**According to (f) factors such as Aging, Obesity, insufficient consumption of energy, smoking and Alcohol drinking etc. play important role in pathogenesis of type 1 or 2 diabetes mellitus.**

 **References**

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