**Introduction**

Diabetes is a chronic health condition that affects how your body turns food into energy. With diabetes, your body either doesn't make enough insulin or can't use it as well as it should. Insulin is a hormone that helps your body's cells use glucose for energy. Glucose is a type of sugar that your body gets from the food you eat. When your blood sugar rises, your pancreas releases insulin. Insulin helps your body's cells absorb glucose from your bloodstream. If you have diabetes, your body doesn't make enough insulin or can't use it as well as it should. This causes glucose to build up in your bloodstream. Over time, high blood sugar can damage your nerves, blood vessels, and organs.

**Type 1 diabetes**

is an autoimmune disease that causes the body to attack and destroy the insulin-producing beta cells in the pancreas. The exact cause of type 1 diabetes is unknown, but it is thought to be caused by a combination of genetic and environmental factors. Some of the known risk factors for type 1 diabetes include: Family history of type 1 diabetes, Certain genetic factors, Viral infections and Exposure to certain chemicals or toxins

**Type 2 diabetes**

It's one of the most common forms of diabetes. It is caused by a combination of insulin resistance and insulin deficiency. Insulin resistance is a condition in which the body's cells do not respond properly to insulin. Insulin deficiency is a condition in which the pancreas does not produce enough insulin. Some of the known risk factors for type 2 diabetes include: Family history of type 2 diabetes, Overweight or obesity,Physical inactivity, Age (over 45 years old) Race or ethnicity (African Americans, Hispanic Americans, American Indians, and Alaska Natives are at an increased risk),Gestational diabetes,Polycystic ovary syndrome (PCOS), Certain medications Gestational diabetes is a type of diabetes that develops in some women during pregnancy. It usually goes away after the baby is born. The exact cause of gestational diabetes is unknown, but it is thought to be caused by a combination of hormonal changes and insulin resistance. Some of the known risk factors for gestational diabetes include: Family history of type 2 diabetes Overweight or obesity before pregnancy, Age (over 35 years old),Having had gestational diabetes in a previous pregnancy If you are concerned about your risk of developing diabetes, talk to your doctor. They can assess your risk factors and recommend steps you can take to reduce your risk.

Here is some detailed information about the major causes of diabetes: Genetics: Both type 1 and type 2 diabetes have a genetic component. This means that people with a family history of diabetes are more likely to develop the disease themselves. However, not everyone with a family history of diabetes will develop the disease, and it is possible to develop diabetes without a family history. Obesity: Obesity is a major risk factor for type 2 diabetes. This is because excess weight can cause insulin resistance, which means that the body's cells do not respond properly to insulin. Obesity also increases the risk of inflammation, which can damage the beta cells in the pancreas. Physical inactivity: Physical inactivity is another major risk factor for type 2 diabetes. Exercise helps to improve insulin sensitivity and reduce inflammation. It is recommended that adults get at least 150 minutes of moderate-intensity aerobic activity each week.Diet: An unhealthy diet can also increase the risk of developing type 2 diabetes. A healthy diet for diabetes includes plenty of fruits, vegetables, and whole grains. It is also important to limit processed foods, sugary drinks, and saturated and trans fats.

Other risk factors for diabetes include: Age: The risk of developing type 2 diabetes increases with age. Race and ethnicity: African Americans, Hispanic Americans, American Indians, and Alaska Natives are at an increased risk of developing type 2 diabetes. Pregnancy: Some women develop gestational diabetes during pregnancy.Polycystic ovary syndrome (PCOS),Certain medications,Preventing diabetes,There is no surefire way to prevent diabetes, but there are steps you can take to reduce your risk. These include: Maintaining a healthy weight, Getting regular exercise,Eating a healthy diet,Managing stress,Getting regular checkups