**THE MAIN CAUSE OF DIABETES**

The main cause of diabetes varies by type. Type 1 diabetes is caused by immune system attacking and destroying insulin-producing cells in the pancreas.

The exact cause of type2 diabetes is unknown, but it’s believed to involve a combination of genetic and environmental factors:

Gestational diabetes is caused by hormonal changes during pregnancy that affect insulin sensitivity.

It’s important to note that diabetes can lead to excess sugar in the blood, which can lead to serious health problems.

Symptoms of diabetes include feeling more thirsty than usual, urinating often, losing weight without trying, presence of ketones in the urine, feeling tired and weak, feeling irritable or having other mood changes, having blurry vision, having slow-healing sores and getting a lot of infections, such as gum, skin and vaginal infections.

If you think you or your child may have diabetes, it’s important to contact your health care provider. The earlier the condition is diagnosed the sooner treatment can begin.