**The Causes of Diabetes**

Student Name

Institutional

Professor

Course

Due date

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Diabetes is a health condition that occurs when the blood sugar (glucose) levels are too high. Glucose is important in the body since it provides cells with energy. It also supplies the brain with energy (Marx, J., 2002). The major causes of this condition vary by the type of diabetes. Regardless of the type of diabetes, blood sugar levels are usually above normal. It can lead to health problems. There are two broad categories of diabetes: chronic diabetes, which includes types 1 and 2, and reversible diabetes, which consists of gestational diabetes and prediabetes.

The main causes of diabetes vary depending on genes, ethnicity, family history, health, and the patient’s environment (Atkinson, M. A., & Maclaren, N. K., 1990). For instance, type 1 diabetes develops when an autoimmune condition prevents the pancreas from producing insulin. In this case, the immune system destroys insulin-producing cells in the pancreas that produce insulin. Therefore, the levels of insulin are insufficient. Other causes of type 1 include viral infections, toxins within food, bacterial infections as well as unidentified factors that are causing the autoimmune reaction.

Family history is the main cause of type 2 diabetes. Others include obesity, physical inactivity, bad diet, and age. Excess weight causes insulin resistance. It is common in type 2 diabetes. In this condition, the liver, muscle, and fatty cells don’t use insulin well (Pyke, D. A., 1979). The patient has to resort to insulin injections. Gestational diabetes is a condition that can develop during pregnancy due to hormonal changes. Other factors are genetics and lifestyle. Pregnant women who have diabetic family members are prone to developing this type of diabetes.

Pancreatitis, trauma, and pancreatic cancer are factors that can cause diabetes. They affect the beta cells that produce insulin in the pancreas. It can result in diabetes due to the beta cell's inability to produce enough insulin (Pyke, D. A., 1979). Certain medicines can also destroy beta cells, such as anti-seizure drugs, psychiatric drugs, HIV drugs, water pills, glucocorticoids, and anti-rejection drugs. Statins are known to increase the chances of developing diabetes. Ethnicity is also a factor. Certain ethnic groups are prone to developing gestational diabetes.

Steroid-induced diabetes is rare, but it occurs due to prolonged glucocorticoid therapy. Cushing's syndrome can also develop diabetes due to higher levels of the cortisol hormone (Atkinson, M. A., & Maclaren, N. K., 1990). People suffering from glucagon may experience diabetes. An imbalance between levels of glucagon production and insulin production causes this. Polycystic ovary syndrome can cause type 2 diabetes and prediabetes. Many factors can cause diabetes depending on the type of diabetes.

**References**

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