

# THE MAIN CAUSE OF DIABETES

Diabetes is a medical condition in which the body has excess blood sugar. Due to insufficient amount of insulin, a hormone produced by the pancreas that regulates the sugar levels in blood, it begins to build up in blood resulting to excess glucose in the blood. It occurs when the body produces no or insufficient quantities of insulin.

Diabetes is mainly caused by a combination of genetic and lifestyle factors. These include consuming a diet high in carbohydrates, sugar and fats, physical inactivity. For the genetic factor, a person with a family history of diabetes is likely to develop diabetes. It can however be prevented or delayed with early screening and proper health measures.

There are two types of diabetes.

## 1. Type 1 diabetes:

This type of diabetes is characterized by the deficiency in insulin production. It requires daily administration of insulin. It can start at any age but often starts during childhood or teen years.

## 2. Type 2 diabetes:

It affects how your body uses sugar (glucose) for energy. It stops the body from using insulin properly, which can lead to high levels of blood sugar if not treated. In a prolonged period, type 2 diabetes can cause serious body damage to the body and blood vessels. More than 95% of people with diabetes have type 2 diabetes. It is more common in people over 40 years.

If you've already been diagnosed with diabetes. After you receive your diagnosis, you'll need close medical follow-up until your blood sugar levels stabilize.