

The two types of Diabetes –Type 1 and Type 2

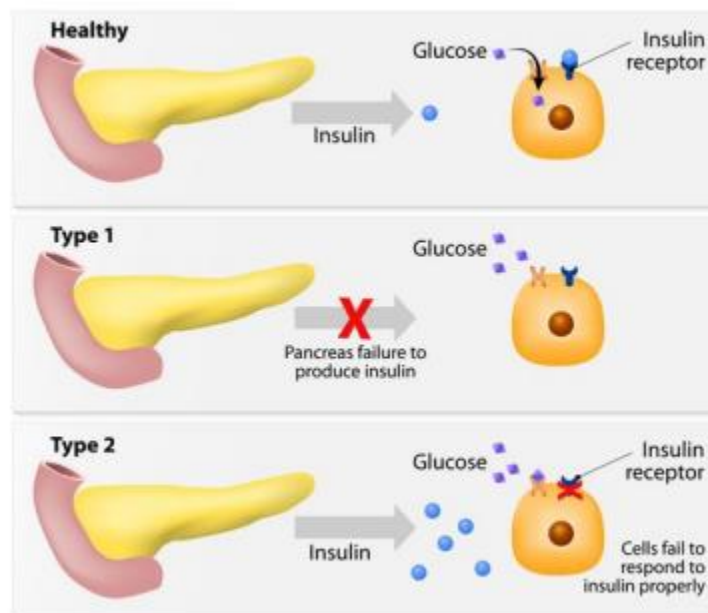
Type 1 diabetes - Also called Insulin-dependent diabetes

Type 1 diabetes makes up about 10% of all cases of diabetes. It occurs in young individuals, usually under the age of 40 years. In this condition, the special beta cells of Pancreas gland, which produce Insulin hormone, are destroyed by the disease and completely stop making insulin. Humans cannot live without the hormone insulin. Type 1 diabetes patients, therefore, cannot live without insulin injections. Type 1 diabetes is irreversible because the permanent damage has occurred to insulin-producing beta cells. Decreasing Insulin requirements in these patients by food and lifestyle modifications help to keep the weight under control. It also reduces the risk of severe complications of diabetes such as eye damage, heart disease, kidney disease, nerve damage, etc.

Type 2 diabetes – Also called adult-onset diabetes

Type 2 diabetes usually occurs in individuals, over the age of 40 years. It makes up for 90% of all cases of diabetes. As the obesity epidemics spread to the younger population, the age of onset of Type 2 diabetes is getting much younger. In the initial phase of Type 2 diabetes, the insulin hormone is produced by the beta cells in excessive amounts. However, despite the excessive amounts, the insulin fails to work normally. This phenomenon is called Insulin resistance (explained below). In the late phase of Type 2 diabetes, the capacity of beta cells to produce insulin starts failing until it stops. At this stage, the patient requires insulin injections to control blood glucose levels.

DIABETES MELLITUS



“Unlike Type 1 diabetes, Type 2 diabetes is a disease of eating unhealthy refined sugar and refined wheat flour products and living an unbalanced lifestyle. It can be prevented or reversed by food and lifestyle modifications.”