

Diabetes

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## Diabetes

### **Introduction**

Diabetes is the most common disorder of the endocrine system and it is when the body cannot make insulin or utilize it resulting in a higher than normal blood sugar. There are three different types of diabetes which are type 1 diabetes, type 2 diabetes, and gestational diabetes. Gestational diabetes is when a woman experiences diabetes only while pregnant and it goes away after the birth of her child. Type 1 diabetes occurs when the body's immune system destroys the insulin-producing cells in the pancreas, which would usually make insulin that is used by the body to monitor blood sugar levels. Type 2 diabetes is when the body produces insulin, but the amount is not adequate enough or the body is not efficient in using the insulin that it has (American Diabetes Association, 2010). Either type 1 or type 2, diabetes affects the body in the same fashion, leaving no way to regulate blood sugar, a diabetics blood sugar levels can sky rocket and be extremely dangerous.

### **Discussion**

Type 1 diabetes is much more common in white people under the age of twenty although it can virtually affect anyone. In type 1 diabetes all of the insulin-producing cells are destroyed, so when the pancreas wants to send out less or more insulin to make up for higher or lower blood sugar levels, the whole process to regulate the levels is thrown off. When sugar builds up in your blood and is not being utilized by your cells, high blood sugar will form and lead to many problems (American Diabetes Association, 2010). This can lead to dehydration, weight loss, Diabetic Ketoacidosis, and damage to the body such as damaging nerves and small blood

vessels. Some of the symptoms of type 1 diabetes are dry mouth, increased thirst and hunger, nausea, and blurred vision

Type 2 diabetes is more common after the age of 45 in all ethnicities except non-Hispanic whites. Twenty one million people in the United States have diabetes and 95% of them have type 2 diabetes. Type 2 diabetics still produce insulin, just in too small quantities to work or the body itself cannot use the insulin properly. The body is resistant to insulin and when the blood sugar gets too high it can result in dehydration, Diabetic Coma, and damage to nerves and small blood vessels. Anybody can get type 2 diabetes, but it is much more common when the person is obese, older, and has family members with type 2 diabetes as well. Some of the symptoms of type 2 diabetes are frequent urination, fatigue, infections of the skin, nausea, and increased hunger and thirst. Type 2 diabetes can lead to kidney damage, poor blood circulation, and nerve damage which are all life threatening side effects (American Diabetes Association, 2010). Type 2 diabetes can also be treated with insulin shots that help regulate your blood sugar, but there are other less-effective methods like a pancreas transplant or taking blood sugar regulating pills.

### **Conclusion**

Although Diabetes can be a very serious disease, with proper treatment it is very common to live a completely normal life. Actually, one third of people with diabetes do not even know that they have it, which shows us that not all cases have to be drastic and life threatening. There are very few ways that diabetes prevents you from living your life. All you really have to do is a take a couple minutes out of your day to check your blood sugar and give yourself insulin shot every couple of hours, but other than that you're living a normal life (American Diabetes Association, 2013). People with diabetes will often live a healthier life because they have to plan

out their meals beforehand and exercise daily to help keep their blood sugar levels within a healthy range.

**References**

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