

Diabetes and its Types

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About Diabetes:

- It is a chronic disease that occurs either **when the pancreas does not produce enough insulin** or when the body cannot effectively use the insulin it produces.
- **Insulin is a hormone** that regulates blood glucose.
- It is a **Non-Communicable Disease** (NCD).
- **Types of Diabetes**
 - **Type 1 Diabetes:** It is thought to be **caused by an autoimmune reaction** (the body attacks itself by mistake). This reaction stops your body from making insulin.
 - It's usually diagnosed in children, teens, and young adults.
 - **Type 2 Diabetes:** In this condition **human body doesn't use insulin well** and can't keep blood sugar at normal levels. It develops over many years and is usually diagnosed in adults (but more and more in children, teens, and young adults).
 - **Gestational Diabetes:** It develops **in pregnant women** who have never had diabetes.

- **Prediabetes:** With prediabetes, blood sugar levels are higher than normal, but not high enough for a type 2 diabetes diagnosis.
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Q1) What is Insulin?

Insulin is a hormone produced by the pancreas that plays a crucial role in regulating blood sugar levels. It allows cells in the body to take up glucose (sugar) from the bloodstream and use it as an energy source or store it for future use.

Source: [India has over 100 mn diabetics & 136 mn pre-diabetics, says new ICMR study; Goa tops the list, UP records lowest prevalence](#)

Source: <https://vajiramandravi.com/current-affairs/diabetes-and-its-types/>

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