

## An overview of diabetes types

Jessica R\*

### Introduction

Diabetes can build up the sugar in blood, it may attack to the heart stroke and heart disease it may risk dangerous attack to the human body. Diabetes may occur by gaining over weight and it may occur from the childhood. We use insulin which allows the glucose in blood cells; this is the major part for diabetes.

Insulin will absorb glucose and sugar from the blood. The diabetes can occur when the blood sugar drops too low. The possibility of taking insulin may cause severe side effects, like heart attack, kidney problem, eye complication.

They are different types of Diabetes like Type 1, Type 2 and gestational diabetes.

### Type 1 Diabetes

It may occurs when the human body fails to produce insulin. The human body which is having Type 1 diabetes they used to take daily artificial insulin to be alive. There is no cure and permanent medicine to cure this type 1 diabetes. The artificial insulin will manage the blood glucose levels and which the human body needs.

If the glucose didn't allow the glucose by using insulin into the cells which enable the glucose to enter the body cells to produce energy. If the Human Body will increase hunger and thirst then you may recognize that the human body is attacked with the Type 1 diabetes. There was many more Symptoms to recognize the Type 1 Diabetes like, continues urination and human body vision will become blurred and getting of more tiredness and getting more weight loss are the symptoms of Type 1 diabetes.

### Type 2 Diabetes

diabetes may not recognize the human body then the body was affected to the Type 2 diabetes. They may occur Kidney diseases and digestive diseases these are the major symptoms for the Type 2 Diabetes. Not only in the middle age people from the child hood also may this occur the human body.

Among four in the population the diabetes will occur atleast one in the population. Most the people above the age of 65 will most affect to the diabetes. If there is any family history of diabetes and having over weight also causes this type 2 diabetes. Gestational Diabetes are the another type of diabetes which occur in the woman pregnancy. When the women body become more sensitive the body requires insulin. These Type of diabetes may occur in the women or the child which is given to be birth. There is no cure for these diabetes only lifelong insulin as treatment will be continued to the human body. The Human body will diagnosis by taking blood test.

Low Blood sugar may occurs in our daily mistakes like taking the insulin more then the dosage and using of other diabetes medicine, and doing of more exercise and drinking alcohol, also occurs the low blood sugar. If the human body contains the low blood sugar then they feel shaking of the body and will become sweat or they are getting more hungry. These are the symptoms of getting low sugar then they need to go for immediate checking of the low blood sugar. Glucose is also present in the blood which contains the body main energy levels. The daily products may also contain different types of sugar level into the body. The ability of insulin of blood glucose to blood sugar levels.

*Department of Medicine, stanford university, United States.*

*Corresponding author Jessica. R, e-mail: jessicar@yahoo.com*