

DIABETES

Definition:

For the normal uptake of glucose by the tissues to take place, the hormone insulin is required. This is secreted by the Islets of Langerhans in the pancreas. If there is a complete lack of insulin or the body uses it ineffectively, the normal uptake of glucose cannot take place, so diabetes results.

Types of Diabetes:

There are 2 types of diabetes:

Type 1:

Insulin dependant diabetes:

- Occurs when the pancreas does not manufacture insulin to control the sugar levels in the blood. Little glucose remains in the body for energy as the kidneys excrete it. Treatment involves insulin injections.
- 25% of Diabetics are Insulin dependant
- More common in children & young adults
- No proven cause or cure

Type 2:

Non-insulin dependant diabetes:

- Can occur in older people and is associated with obesity. Pancreas produces insulin but the insulin fails to function, glucose remains in the bloodstream and is not available to the cells. Treatment involves a change in diet.
- Most common type of diabetes – 75% of all cases
- Most cases in people 40+ yrs [normally overweight]

Causes of Diabetes:

Diabetes is caused by lack of the hormone insulin , that is responsible for the regulation of the levels of sugar in the blood and its utilization by the tissues.