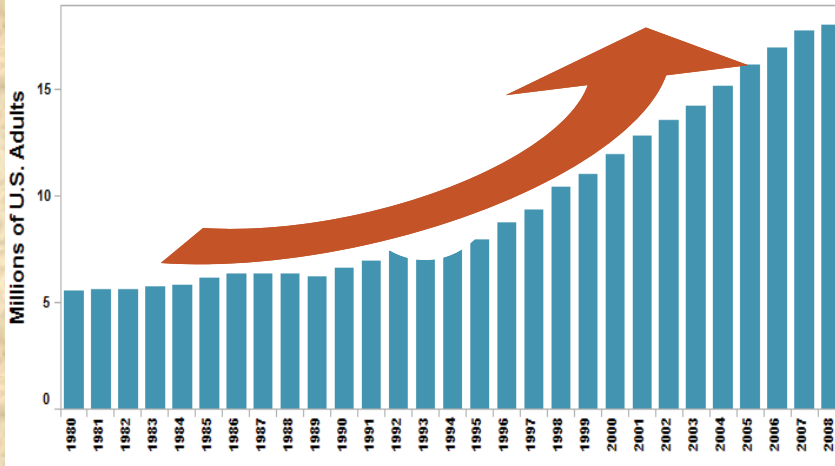


Understanding Diabetes Differences

How Many Adults Had Diabetes In the U.S. From 1980 to 2008?

Data Source: Centers for Disease Control and Prevention



Understanding diabetes and the role nutrition plays in prevention, cause and treatment can be confusing. The term “diabetes” is everywhere these days, so let’s take a look to help simplify the differences and eliminate [myths](#).



Type 1 diabetes used to be called juvenile or insulin-dependent diabetes. Type 1 diabetes can occur at any age, but it is most often diagnosed in children, adolescents or young adults. Type 1 diabetes, an autoimmune disease, occurs when the [pancreas does not produce the insulin](#) needed to properly control blood sugar levels. An [autoimmune response](#) causes destruction of the body’s own insulin producing cells of the pancreas. Without enough insulin, glucose builds up in the bloodstream instead of going into the cells. The exact cause is unknown, but scientists think there may be a viral or environmental (such as [vitamin D deficiency](#)) link. [Early diet may also play a role](#). Type 1 diabetes is less common in people who were exclusively breastfed and in those who started solid foods at later ages. Only 5% of people with diabetes have this form of the disease.

Type 2 is the most common form of diabetes. Millions of Americans are diagnosed with type 2 diabetes and many more are unaware they are at high risk. In Type 2 diabetes, either the body does not produce enough insulin or the cells that need glucose ignore the insulin. When glucose builds up in the blood instead of going into cells, it leads to [diabetes complications](#).

Obesity is a strong risk factor for Type 2 diabetes, especially for the young or long-term obese. [US obesity is trending upwards](#) which has increased the prevalence of Type 2 diabetes. Obesity further [compounds health risks and complicates management](#).

Weight loss offers enormous benefits in overweight people with Type 2 diabetes. As little as 7% weight loss, reduces diabetes symptoms. Yet not everyone with this disease is overweight.

Type 1 and Type 2 diabetes have different causes. [Yet two factors are important in both](#). First, people inherit the tendency to develop the disease. Second, something in the environment triggers diabetes. However, genes alone are not enough to cause diabetes.

Type 2 diabetes has a stronger genetic basis than Type 1 and is more dependant on environmental factors such as overeating and sedentary lifestyle. Confused? Type 2 is more common when people eat a highly processed diet and are relatively sedentary. People living in “non-Westernized” areas have lower rates of Type 2 diabetes, no matter how high their genetic risk.

Gestational diabetes is more of a puzzle. Women with diabetes while pregnant are more likely to have a maternal family history of diabetes. Many later develop Type 2 diabetes given certain environmental factors. Older mothers and overweight women are more likely to get [gestational diabetes](#) and their children are also at increased risk for Type 2 diabetes.



All types of diabetes have this in common, “Healthy nutrition and active lifestyle contribute to control and management”.

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Main symptoms of Diabetes

blue = more common in Type 1

Central

- Excessive thirst
- Excessive hunger

- Lethargy
- Stupor

Eyes

- Blurred vision

Breath

- Smell of acetone

Systemic

- Weight loss



Gastric

- Nausea
- Vomiting
- Abdominal pain

Respiratory

- Hyper ventilation

Urinary

- Excessive Urination
- Sugar in Urine

Difficulty opening ? Go to: www.co.missoula.mt.us/HealthServices/EatSmart/newsletters.htm

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