

it can arise in adults of any age. **Idiopathic type 1** refers to rare forms of the disease that have no known cause.

**Type 2 diabetes** usually arises because of insulin resistance in which the body fails to use insulin properly combined with relative (rather than absolute) insulin deficiency. People with type 2 can range from predominantly insulin resistant with relative insulin deficiency to predominantly deficient in insulin secretion with some insulin resistance. It typically occurs in those who are older than 45 years of age, are overweight and sedentary, and have a family history of diabetes.

The symptomatology of diabetes is more readily recognizable in children than in adults, so it is surprising that the diagnosis may sometimes be missed or delayed. Diabetes is a great imitator; influenza, gastroenteritis, and appendicitis are the conditions most often diagnosed when it turns out that the disease is really diabetes (Box 28-13).

### **Box 28-13**

## **Clinical Manifestations of Type 1 Diabetes Mellitus**

Polyphagia

Polyuria

Polydipsia

Weight loss

Enuresis or nocturia

Irritability; “not himself” or “not herself”

Shortened attention span

Lowered frustration tolerance

Dry skin