

Diabetes

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Diabetes is a very common chronic health condition that affects many Americans. It affects around 38.3 million adult Americans and one in five don't know they have it. In an article by *Healthline* diabetes is defined as "a group of disorders that cause elevated blood sugar (glucose) levels in the body" (Griffith, and Timmins). Glucose is a critical source of energy for your brain, muscles, and tissues. According to the article if diabetes is not well managed it can cause serious complications and an increase risk of heart disease, stroke, kidney disease, nerve damage, and eye damage. According to the article in 2018 there was 88 million people in the US that were prediabetics and 84% did not know they have it. There are two main types of diabetes type 1 or diabetes type 2.

In the CDC article about diabetes it goes over the different types of diabetes. Type 1 diabetes is less common. Type 1 diabetes occurs when the immune system mistakenly attacks and destroys the insulin-producing beta cells in the pancreas. Due to the fact that the body is unable to produce sufficient insulin this leads to elevated blood glucose levels. Type 1 diabetes usually requires insulin injections to manage their blood sugar levels. In type 2 diabetes is more common. Type 2 is when the body produces insulin, but the cells become resistant to its effects. Initially the pancreas compensates by producing more insulin however, it may not keep up with its demand this causes insulin resistance thus contributing to elevated blood glucose levels. Type 2 diabetes can also be developed by lifestyle style, genetics. and obesity. There is also gestational diabetes According to the CDC gestational diabetes it's a type of diabetes that can be developed during your pregnancy. "Every year, 2% to 10% of pregnancies in the United States are affected by gestational diabetes" (CDC). Gestational diabetes occurs when your body can't make enough insulin during your pregnancy. According to the article "about 50% of women with gestational diabetes go on to develop type 2 diabetes". In Gestational diabetes you typically don't have any symptoms.

More than 9 out of 10 people with diabetes have type 2. According to WebMD "It's used to be called adult-onset diabetes it was rarely diagnosed in children". Age is a big risk factor if you're older you're most likely to have it. Type two diabetes could be caused by multiple factors including your genes and your lifestyle that's why it's the most common even in teens and preteens. Some common symptoms are thirst, peeing more often, blurry eyesight, and tingling of hands and feet. These may come on slow without you noticing that's why many people don't know that they have type 2 diabetes. Could prevent type 2 diabetes especially if you're younger by exercising. According to the article during your middle age is when you tend to get diagnosed. "An estimated 14% of Americans ages 45 to 64, or 11 million people, are diagnosed with type 2" (Helmer, 4/9/22). Older people tend to have a higher risk of getting diabetes. According to the article one out of every four Americans live with type 2 diabetes. However, although it does affect older people teens and children could also get diabetes. "In 2002, 8 out of 100,000 adolescents were diagnosed with type 2 between the ages of 10 to 14. A decade later, the rate was 50% higher come or 12 per 100,000 youths." (Helmer) This goes to show how type 2 diabetes has become a bigger issue in the US. some risk factors for the disease you can't change however, if you lose extra weight, and aim for 30 minutes of physical activity, and take care of what you're eating it could help you when dealing with diabetes.

There's a difference between insulin-dependent diabetes or non-insulin dependent diabetes. In the article *Insulin Resistance versus Insulin Deficiency in Non-Insulin-Dependent Diabetes Mellitus: Problem and Prospects* it states that insulin resistance and its surrogate, fasting hyperinsulinemia are associated with developing NIDDM. What is NIDDM? It stands for non-insulin-dependent diabetes mellitus. Type 2 diabetes also known as the non insulin dependent diabetes (NIDDM) can be treated with the change of lifestyle. The races who have the highest NIDDM groups are tri-ethnic this including Hispanics, non-Hispanic whites, and African-American. In the article cases show that "lean NIDDM patients were shown to have similar insulin sensitivity to nondiabetic controls if they were free from both microalbuminuria and hypertension, suggesting that the insulin resistance was carried by these abnormalities rather than diabetes itself" (Ferrannini,17) The definition of insulin deficiency and insulin resistance are dependent on methodology. Insulin action can be measured with the use of a euglycemic hyperinsulinemia clamp technique. This had become a gold standard against other methods.

In conclusion, type one diabetes it's insulin dependent diabetes. In type 1 your body is no longer creating insulin. Insulin is used to ensure sugar from nutrients or food is correctly stored in our body. This type of diabetes will require to carry a little machine that shot's you with insulin when needed. Once you have insulin type 1 you are no longer able to go back to not having diabetes. Type 2 diabetes is when you still creating insulin so it's a non-insulin dependent diabetes. However, with type 2 diabetes your body is still producing insulin but your body is no longer reacting to that insulin. In type 2 diabetes if caught not too late you are able to get in a diet or take more care on your body in order to not have diabetes anymore. Type 2 is more common on obesity. Diabetes a serious health concern in United States.

Work cited Page

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