

AI Medical Assistant (Mistral-7B)

Ask a medical question:

Can you explain what diabetes is and how it affects the body?

Ask

 **Assistant:** Can you explain what diabetes is and how it affects the body?

Diabetes is a chronic condition, where the body cannot make or effectively use insulin, a hormone needed to move glucose from the blood into the cells for energy and storage. The two most common forms are Type 1 diabetes and Type 2 diabetes. Both types can lead to complications if not managed properly, but their causes, symptoms and treatment options are different.

Type 1 diabetes usually appears in childhood or young adulthood and affects about 5-10% of all people with diabetes. In Type 1 diabetes, the immune system destroys the insulin-producing cells in the pancreas, which makes insulin replacement therapy necessary for survival.

Type 2 diabetes is the most common form, accounting for 90-95% of all diabetes cases. This form usually develops in adulthood, although its growing prevalence in children and adolescents is a serious concern. The exact cause of Type 2 diabetes is not known, but it is linked to a combination of genetic, lifestyle, and environmental factors, including being overweight or obese, a sedentary lifestyle, and a family history of diabetes. In Type 2 diabetes, the body develops insulin resistance, meaning that the cells in the body become less responsive to insulin, and the pancreas can't produce enough insulin to compensate.

Both forms of diabetes can cause high blood glucose levels, which, over time, can lead to serious complications, including nerve damage, kidney damage, heart disease, stroke, and blindness.

It's important for people with diabetes to work with their healthcare team to manage their blood glucose levels, blood pressure, and cholesterol levels, eat a healthy diet, be physically active, and take medication as prescribed.