

Introduction to Diabetes Mellitus

Types and Basic Overview

Diabetes mellitus is a chronic **metabolic disorder**. It is characterized by elevated blood sugar levels. The causes of diabetes vary depending on the specific type. We will discuss the different types of diabetes and their causes.

Glucose Levels

Causes of Diabetes: Type 1 and Type 2

- **Type 1** Autoimmune reaction destroys beta cells.
- **Type 1** Genetic & environmental factors.
- **Type 2** Insulin resistance & beta cell loss.
- **Type 2** Obesity, inactivity, family history.
- **Other** Genetic defects, meds, disorders.

Symptoms: Type 1 and Type 2 Diabetes

Type 1 Diabetes

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Increased hunger
- Fatigue and weakness

Type 2 Diabetes

- Increased thirst
- Frequent urination
- Increased hunger
- Fatigue
- Slow-healing sores
- Blurred vision