Diabetes

**Causes:**  
Diabetes Mellitus is a chronic condition that occurs when the body either doesn't produce enough insulin (Type 1) or becomes resistant to insulin (Type 2), the hormone responsible for regulating blood sugar levels. Type 1 diabetes is typically autoimmune in nature and often develops in childhood, while Type 2 is more common in adults and is closely linked to lifestyle factors such as obesity, lack of physical activity, and poor diet. Genetic predisposition also plays a role in both types.

**Symptoms:**  
Common symptoms of diabetes include frequent urination, excessive thirst, extreme fatigue, unexplained weight loss (more common in Type 1), blurred vision, and slow healing of wounds. In some cases, especially in Type 2 diabetes, symptoms may develop gradually and go unnoticed for years. If left untreated, diabetes can lead to serious complications like nerve damage, kidney failure, heart disease, and vision loss.

**Prevention:**  
While Type 1 diabetes cannot currently be prevented, Type 2 diabetes is often avoidable through healthy lifestyle choices. Maintaining a balanced diet rich in whole grains, fruits, and vegetables, staying physically active, managing stress, and avoiding tobacco use are effective preventive measures. Regular checkups and blood sugar monitoring are also essential, particularly for individuals with a family history of diabetes or other risk factors.