

Diabetes 2 Causes And Dangers

There are 3 main diabetes types: Diabetes 1, diabetes 2 and Gestational Diabetes.

Diabetes 1 and diabetes 2 were acknowledged during many researches.

Diabetes 2 affects 85 to 90 % of all people with diabetes. Nearly all diabetics got their disease from having an unhealthy lifestyle but diabetes 2 could also be hereditary.

One of two things occurs in diabetes. The pancreas cant make insulin (type 1 diabetes) or else; the cells dont react to the insulin properly and the pancreas produces too little insulin for the bodys increased needs (diabetes 2).

Of the three types of diabetes, diabetes 2 is the most common.

Diabetes 2 affects approximately 95% of all diabetics. Nothing like type 1 diabetes, diabetes 2 makes the body incapable to act in response to insulin.

What is the reason for getting diabetes 1 or diabetes 2?

The reason for getting diabetes 1 or diabetes 2 is unknown.

Research implies that diabetes occurs as a viral disease causes damage to the insulin producing cells in the pancreas.

Diabetes results from the incapacity of the body to produce sufficient amount of insulin.

What is insulin? What is the insulin function?

Insulin is a hormone that helps the body cells to use the glucose.

The insulin function is breaking down the sugar in the blood stream and avoiding the sugar level from coming up.

What is glucose? What is the glucose function?

Carbohydrate foods contain glucose. It is the major source of energy used by the body.

One of the glucose types is the sugar. Glucose comes from foods that contain carbohydrates such as potatoes, bread, pasta and rice, fruit and milk.

What happen to the glucose in our body?

The glucose is released and absorbed into the blood stream after the food is digested.

The glucose in the blood stream needs to move into body tissues so that cells can use it for energy. Excess glucose is stocked up in the liver or converted to fat. The fat is being stocked up in other body tissues.

How to avoid diabetes 2?

Although the causes of diabetes 2 are known and in some cases it can be prevented there is no cure for diabetes 2. no preventive cure for type 1 diabetes.

Foods that are high in fat and cholesterol are not suggested to people who would like to be safe from.

Further, stay away from Diabetes 2, take regular work out. Keep your body active and increase your resistance to other diseases and some of the serious complications caused by having diabetes.

Having Diabetes 2 does not merely make the body weak, it could also spread to different parts of the body. Just the once it spreads, it can lead to removal of body parts to prevent the illness from spreading to vital body organs.

As Diabetes 2 worsens, it could lead to damages in the heart, kidney and even the eyes. Diabetes could cause Heart disease, kidney problems and blindness. You would never want to have one.

About the Author

At [Gestational Diabetes Info center](#) you will get helpful information about causes and risks of Gestational Diabetes. You'll acquire knowledge of prevention, get [diet menu](#), the symptoms and know which questions to ask your physician. On our site, you'll get clear uncomplicated and easy to read information about the causes and risks of Diabetes and diabetes although pregnancy, Diabetes Gestational. You will acquire knowledge and tips, note the symptoms and know what to ask your physician. [sugar level](#)

Source: <http://www.eatsee.com>