

# Diabetes

By: Alejandro J. Bautista G.



# What is diabetes?

Diabetes is a disorder of metabolism in which causes the pancreas and or muscles to not releases as much insulin into your body which causes your cells to not obtain the energy they needed.

# Quick Breakdown

Someone without diabetes eats normal food, then while it's going down their digestive system it breaks down into glucose which is the “new battery” of a cell, while all of that is happening the pancreas releases insulin which is “the key” to open the cells in your body to get a “new battery”. And for someone who has diabetes some or most of the body cells do not get a “new battery”.

# Types of Diabetes

Type 1, 2 diabetes & Prediabetes

# Type 1 Diabetes

Type 1 diabetes occurs when a person's own immune system attacks and destroys the beta cells (insulin). This happens over the course of several years and symptoms can take place in a very short period of time. It's often obtained through heritage.

# Type 2 Diabetes

Type 2 diabetes is the most common form of diabetes. It occurs when muscle, fat and liver do not use insulin effectively. Type two diabetes develops when the body just can't make enough insulin for itself and it starts compensating for it. It's often obtained through heritage. Happens around the age of 45 and older, through obesity or not being physically active.

# Prediabetes

Prediabetes is when blood glucose levels are higher than normal but not high enough to be ruled out as type 2 diabetes.

# Society

In 2012, 29.1 million Americans, 9.3% of the population, had diabetes. 1.25 million American children and adults have type 1 diabetes. Out of the 29.1 million, 21.0 million were diagnosed, and 8.1 million were undiagnosed.



# Self

The reason why I chose this topic was because a couple of my family members who had health issues had diabetes and diabetes had major part in those issues.