

Diabetes is a group of diseases marked by high levels on blood glucose resulting from defects in insulin production, action or both. There are three main types of diabetes with different causes. Methods of treatment can overlap.



Type 1: Develops when the body's immune system destroys pancreatic beta cells, the only cells in the body that make the hormone insulin that regulates blood glucose. To survive with Type 1 diabetes, you must have insulin delivered by injection or pump.

Healthy food choices and regular exercise are keys to controlling blood sugar levels for all types of diabetes.

Type 2: Usually begins as insulin resistance, a disorder in which the cells do not use insulin properly. As the need for insulin rises, the pancreas gradually loses its ability to produce insulin. Medications help body cells respond to insulin in the body.



Gestational: Form of glucose intolerance diagnosed in some women during pregnancy. Gestational diabetes requires treatment typically diet and exercise to normalize maternal blood glucose levels to avoid complications in the infant.

For more information go to www.spectrumhs.com and click on Health and Medical Resources.



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