

II. Types of Diabetes

Type 1 diabetes:

People with type 1 diabetes make very little or no insulin. This type of diabetes usually starts in childhood or adolescence but may occur at any age. Type 1 diabetes can be managed by daily insulin injections, a diabetic meal plan and regular exercise.

Type 2 diabetes:

People with type 2 diabetes make some insulin but not enough, or their bodies fail to respond to the insulin produced. This type of diabetes generally occurs during adulthood and can sometimes be controlled through diet and exercise. If you are overweight, losing weight can improve your body's ability to use its insulin. People with type 2 diabetes may also need to take diabetes pills which helps the body to stimulate secretion of insulin and make better use of its own insulin. However, you may need insulin injections if your blood glucose still remains high after taking diabetes pills.

Gestational diabetes:

This type of diabetes appears during pregnancy and usually disappears following delivery. Many women with gestational diabetes develop type 2 diabetes later on in life. Gestational diabetes can often be controlled by diet alone.