

Introduction to Type 1 and Type 2 Diabetes

Diabetes means that your blood glucose (sugar) level is higher than normal. Your pancreas makes insulin to move glucose out of the blood stream and into the cells of the body where it can be used for energy. The glucose mainly comes from the foods that you have eaten.

In diabetes, either your body isn't responding to insulin like it should or your pancreas is not making enough insulin. This causes your blood glucose level to be too high but means that you have a lower than normal glucose level in the cells of your body where you need it for energy!

Type 1 Diabetes: used to be called juvenile-onset diabetes or insulin-dependent diabetes. It most often starts in children or young adults but can occur at any age. It is caused by an autoimmune disorder that destroys the cells in the pancreas that make insulin. If the body doesn't make insulin, then insulin replacement through injections or an insulin pump is needed as part of the treatment. About 5-10% of all cases of diabetes are type 1 diabetes.

Type 2 Diabetes: used to be called adult-onset or noninsulin-dependent diabetes. These terms aren't correct as type 2 diabetes may start in childhood and insulin may be needed for treatment. Type 2 diabetes usually starts with insulin resistance: the body is not using insulin as it should so the pancreas has to make higher amounts of insulin to keep the blood glucose under control. After awhile, the pancreas can't keep up making that much extra insulin so the blood glucose begins to rise. 90-95% of all cases of diabetes are type 2 diabetes.

Risk factors for type 2 Diabetes:

- Family history of type 2 diabetes
- Overweight
- Inactive
- History of gestational diabetes or had baby over 9 pounds
- Native-American, Hispanic-American, Asian-American, African-American

Diagnosis of Diabetes:

Name of Test	Normal Level	Pre-diabetes	Diabetes
Fasting blood glucose (repeated on another day or confirmed with another test)	Less than 100mg/dL	100-125mg/dL	126mg/dL or greater
Oral glucose tolerance test	Less than 140mg/dL at 2 hours	140-199mg/dL at 2 hours	200mg/dL or greater at 2 hours
A1C	Less than 5.7%	5.7-6.4%	6.5% or greater

Symptoms of Diabetes:

Often there are no symptoms early in the course of type 2 diabetes. As blood glucose gets higher with type 1 or type 2 diabetes, symptoms may include:

Fatigue	Frequent urination	Thirst or dry mouth	Unexplained weight loss	Blurred vision
Dry, itchy skin	Frequent infections or sores that heal slowly		Numbness or tingling in hands or feet	
For type 1 diabetes, symptoms may also include nausea, vomiting, abdominal pain, and a fruity odor to the breath.				

Treatment of Diabetes:

Meal Planning	Physical Activity	Monitoring blood glucose
Medication for type 1 diabetes: Insulin		
Medication for type 2 diabetes may include: Diabetes pills or injectable meds, including insulin		
Education with a dietitian and nurse educator to learn more about diabetes, how to stay healthy and prevent complications		

For more information, contact Karen Shidler, RN, CDE (Certified Diabetes Educator) at 574-753-1339 or Norma Fielding, RD, CDE (Certified Diabetes Educator) at 574-753-1464. We offer individual teaching, small group classes, support group meetings as well as other educational offerings.

Logansport Memorial Hospital's Diabetes Education Program is recognized by the American Diabetes Association as meeting the National Standards for Diabetes Self-Management Education.