

The 4 Types of Diabetes

Diabetes isn't a one-size-fits-all condition. While all types involve blood sugar issues, each type has unique causes and treatments. Learn more about the four types of diabetes below.

1. Type 1 Diabetes

- An autoimmune condition where the body attacks insulin-producing cells in the pancreas.
- Most commonly diagnosed in children, teens, and young adults, but can develop at any age.
- Requires daily insulin therapy to manage blood sugar levels.
- **Symptoms:** Frequent urination, increased thirst, unexplained weight loss, blurred vision.

2. Type 2 Diabetes

- The most common form, affecting 90–95% of people with diabetes.
- Occurs when the body develops insulin resistance, leading to high blood sugar.
- Linked to obesity, inactivity, and genetics but can often be prevented or delayed with lifestyle changes.
- **Symptoms:** Fatigue, slow healing, tingling in hands and feet, increased thirst and hunger.
- Management includes healthy eating, exercise, blood sugar monitoring, and medication if needed.

3. Gestational Diabetes

- Develops during pregnancy and affects 2–10% of pregnancies.
- Caused by hormonal changes that make insulin less effective.
- Increases the risk of high birth weight, early birth, and future type 2 diabetes for both mother and child.
- Typically managed with diet, exercise, and blood sugar monitoring—sometimes requiring insulin.

4. Prediabetes

- A warning sign for type 2 diabetes where blood sugar is elevated but not yet at diabetic levels.
- Affects 1 in 3 Americans, but 84% don't know they have it.
- Reversible with lifestyle changes like increased physical activity and a healthy diet.

Early detection and management are key to living well with diabetes. Work with your healthcare team to find the best plan for you!

We're committed to your health. Contact us today for more information.

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The Advanced Diabetes Supply Group



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