

# Diabetes:

## The difference between **Type 1** and **Type 2**

- Diabetes is a condition that affects how your body manages blood sugar (glucose), which is a key source of energy. There are two main types of diabetes—type 1 and type 2—and while they share some symptoms, they develop in different ways.
- Type 1 diabetes happens when the body's immune system mistakenly attacks the cells in the pancreas that make insulin. This means the body produces little or no insulin, which is needed to help sugar move from the blood into the cells for energy.
- Type 2 diabetes is more common and usually develops over time. In this type, the body still makes insulin, but the cells don't respond to it properly. This is called insulin resistance.
- Understanding these differences can help you and your health care team find the right diagnosis and treatment plan. If you're experiencing symptoms or have risk factors like family history or lifestyle concerns, talk to your doctor about screening options.

Feature	Type 1 Diabetes	Type 2 Diabetes
Cause	The body's immune system attacks insulin-producing cells	The body doesn't use insulin properly (insulin resistance)
When it starts	Usually in children, teens, or young adults	Often after age 45, but can happen earlier
Insulin Production	Little or no insulin is made	Insulin is made but not used effectively
Symptoms	Quick onset: thirst, frequent urination, weight loss, tiredness	Slow onset; tiredness, blurry vision, slow healing, numbness
Risk factors	Family history, immune system issues	Being overweight, inactive lifestyle, family history



### What is DKA?

Diabetic Ketoacidosis, or DKA, is a serious problem that can happen to people with diabetes—especially type 1 diabetes. It means the body doesn't have enough insulin, which is a hormone that helps sugar (glucose) get into your cells to give you energy.

When there's not enough insulin, the body starts using fat for energy instead. This makes ketones, which are acids. If too many ketones build up in the blood, it can make you very sick.

### Symptoms of DKA:

- Very high blood sugar
- Dehydration (not enough water in the body)
- Confusion or feeling very tired
- Stomach pain, nausea, or vomiting
- Breathing fast or deep
- Fruity-smelling breath

**If DKA isn't treated, it can lead to a coma or even death. That's why it's so important to act fast.**