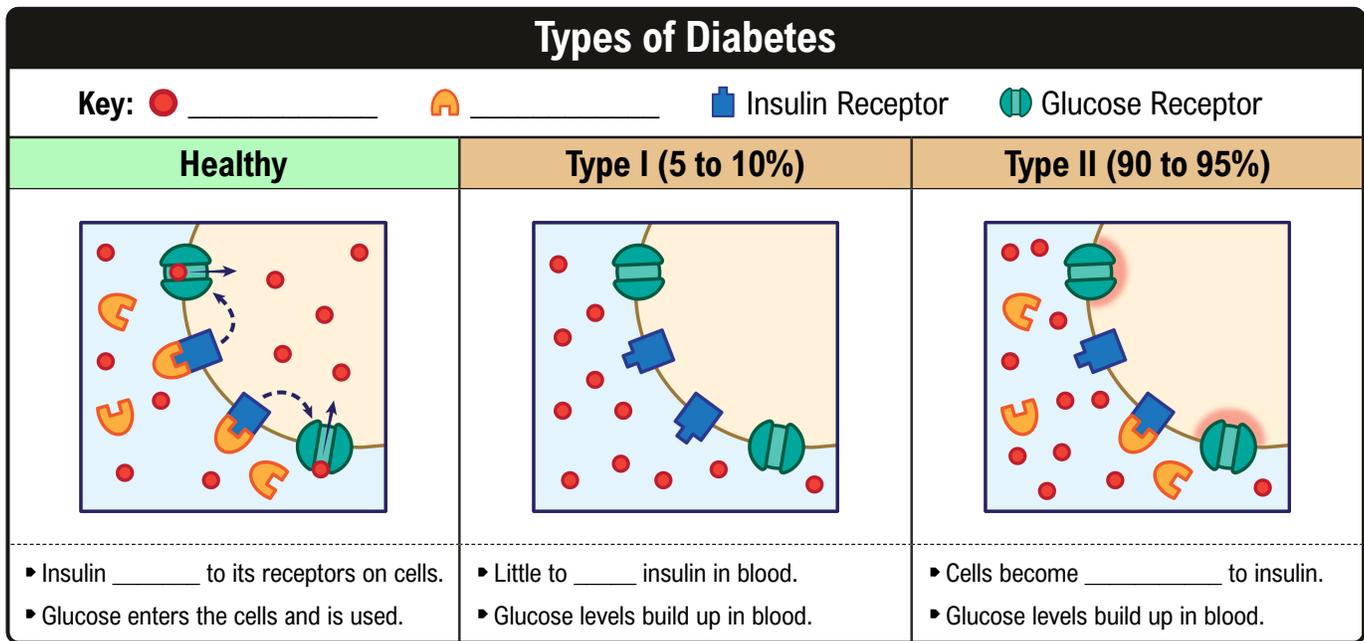


CONCEPT: TYPES OF DIABETES

- ◆ Diabetes can be classified based on how _____ is produced or utilized by the body:
 - **Type I:** _____ disorder where the immune system attacks the insulin producing cells of the pancreas.
 - Impaired insulin production (insulin deficiency).
 - **Type II:** disorder where body gradually becomes insulin _____.
 - Cells don't use insulin efficiently.



- ◆ **Gestational Diabetes (Type III) (2 to 10%):** Occurs during _____; usually improves afterwards.
 - _____ hormones cause cells to develop insulin resistance.

CONCEPT: TYPES OF DIABETES

EXAMPLE

Which of the following statements about diabetes is true?

- a) Type I diabetes is a genetic disorder.
- b) Gestational diabetes affects more men than women annually.
- c) Type II diabetes is the least prevalent form of the disease.
- d) Type I diabetes is reversible through diet and exercise.

PRACTICE

There is growing concern among medical professionals about the increase in Type II diabetes in the past few years, and the fact that doctors are starting to see younger patients diagnosed with it. Why do they have this concern?

- a) Younger Type II diabetes patients will likely live longer with the disease, increasing the risk of serious complications.
- b) An increase in young Type II diabetes patients may be an indicator that people are living less healthy lifestyles & are consuming a less healthful diet than they did in the past.
- c) It can have a severe impact on the quality of life for young people.
- d) All of the above.

CONCEPT: TYPES OF DIABETES

Risk Factors, Outcomes & Treatment

◆ The comparisons between the 3 major forms of diabetes can be seen in the chart below:

Types of Diabetes				
Medical Condition	Risk Factors	Symptoms	Outcomes	Treatment
Type I	<ul style="list-style-type: none"> _____ (autoimmune) Viral Infections 	 Fatigue  _____ Vision	 _____ Life Expectancy  Eye Damage	<ul style="list-style-type: none"> Insulin Therapy
Type II	<ul style="list-style-type: none"> Prediabetes Family History _____ Choices 	 _____ Thirst <i>(polydipsia)</i>  _____ healing	 Kidney Damage  _____ Foot	
Gestational (Type III)	<ul style="list-style-type: none"> Prediabetes _____ (≥ 35 years) Obesity or overweight 	 Cracked Skin <i>(Acanthosis nigricans)</i>	 Limb Amputation	<ul style="list-style-type: none"> Lifestyle Modifications _____

EXAMPLE

What's the difference between Type I & Type II diabetes?

- Type I diabetes symptoms can be reversed through diet, Type II diabetes symptoms are undetectable.
- Type I diabetes is an autoimmune disorder; Type II diabetes occurs when cells develop insulin resistance.
- Type II diabetes patients cannot produce insulin, while Type I patients cannot produce glucose.
- Patients with Type I diabetes need to completely avoid sugar, but Type II patients do not.

CONCEPT: TYPES OF DIABETES

PRACTICE

Which of the following statements is correct?

- a) Under gestational diabetes, the placenta produces hormones that decreases the effectiveness of insulin.
- b) All forms of diabetes are caused mainly by lifestyle choices.
- c) Insulin resistance is the major cause for Type I diabetes.
- d) Type I diabetes is a curable disease that can be totally eliminated through gene therapy.

PRACTICE

Which of the following individuals has the highest risk for developing Type II diabetes?

- a) An elite marathon runner with a diet that is high in added sugars.
- b) A normal-weight woman with a history of depression.
- c) A normal-weight man with high blood pressure.
- d) An individual with a BMI over 35.