

## Type 1 and 2 Diabetes: Focusing on Prevention and Treatment Lifestyle Changes Are Key to Preventing Diabetes

Diabetes is a serious, incurable disorder of the metabolism that requires diligent attention. But prevention and treatment options for diabetes vary based on the two types of the disease.

Type 1 diabetes accounts for 5 to 10 percent of people who have diabetes. It's a condition that causes the body's immune system to destroy the cells that release insulin, eventually eliminating insulin production in the body. Without insulin, our cells cannot absorb sugar (glucose), which they need to produce energy.

Type 2 diabetes, on the other hand, accounts for the vast majority of people who have diabetes (90 to 95 percent). In those with type 2 diabetes, the body isn't able to use insulin correctly, which is known as insulin resistance. As type 2 diabetes gets worse, the pancreas may make less and less insulin, leading to high levels of sugar circulating in the blood, or high blood sugar.<sup>1</sup>

Type 2 diabetes can develop at any age, but most commonly during adulthood.

### IS IT POSSIBLE TO PREVENT DIABETES?

It is not yet known how to prevent type 1 diabetes.<sup>2</sup> Type 2 diabetes, however, can be prevented in some cases, by:

- Weight management through a healthy low-fat, high-fiber diet
- Regular exercise
- Moderation of alcohol consumption
- Elimination of smoking
- Use of prescription medications

### GLUCOSE CONTROL

The single best thing people with diabetes can do is to keep their blood sugar level within the suggested range every day. This significant lifestyle change requires a high level of diligence. The only way to do this is through a combination of regular blood sugar checks, a balanced diet (low in simple sugars and fat, and high in complex carbohydrates and fiber) and appropriate medical treatment.

### WHAT IS THE PROGNOSIS OF DIABETES?

Diabetes is a leading cause of death in many nations. Overall, the risk of premature death of people with diabetes is twice that of people who do not have diabetes. Prognosis depends on the type of diabetes, degree of blood sugar control and development of complications. The consequences of diabetes range from mild dizziness and fatigue to serious complications like blindness, kidney failure, amputation or even death.

Diabetes is a complex but manageable condition. And as with any aspect of your health, Best Doctors can give you peace of mind with our comprehensive expert reviews of your medical records and straightforward reports that eliminate uncertainty and provide a valuable, objective perspective on your medical case.

1. [www.webmd.com/diabetes/guide/diabetes-basics#2](http://www.webmd.com/diabetes/guide/diabetes-basics#2).

2. [www.emedicinehealth.com/diabetes\\_mellitus\\_type\\_1\\_and\\_type\\_2/page13\\_em.htm](http://www.emedicinehealth.com/diabetes_mellitus_type_1_and_type_2/page13_em.htm).

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