

# COMMON TYPES OF DIABETES



## Type 1 Diabetes

- Often hereditary
- Usually associated with insufficient insulin production by the pancreas
- Regular insulin injections are recommended for control



## Type 2 Diabetes

- Can arise due to a combination of genetic and environmental factors
- Most common form of Diabetes
- Risk factors include
  1. 40 years old and above
  2. Being overweight
  3. Lack of regular physical activity



## Gestational Diabetes

- Hormonal changes during pregnancy may cause some women to have high blood glucose levels
- Often, the levels return to normal after delivery
- At times, these women may be at risk of developing Type 2 Diabetes later on in life

# Type I Diabetes

**American Diabetes Association**



## **Type I Diabetes:**

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