

## Diabetes ~Facts & Types

1 – Type 1, sometimes referred to as T1D, was formerly called “juvenile diabetes” or “insulin-dependent diabetes.” This condition occurs when the body attacks and destroys the beta cells in the pancreas. Evidence of this is the presence of antibodies in the blood. Type 1 diabetics require insulin to live. 10% of all diabetics are Type 1.

2 – Latent autoimmune diabetes in adults (LADA) is type 1 diabetes diagnosed in people over 30. Hence the reason, Type 1 is no longer referred to as juvenile diabetes. Unfortunately, LADA is often misdiagnosed by doctors as type 2, which is why I recommend my clients to seek the advice of an endocrinologist. LADA differs from type 1 in “juveniles” in that the symptoms do not come on as quickly, insulin requirements increase gradually. Your endocrinologist can order a C-peptide test which will show your body’s ability to make insulin. **In my opinion, those of us in Shaklee can be very instrumental in helping people who fall in this category be diagnosed properly.**

3 – Type 2, sometimes referred to as T2D, was formerly called “adult onset diabetes” or “non-insulin dependent diabetes.” This prior terminology is no longer accurate as there have been 12 year olds diagnosed with type 2, and many type 2 diabetics eventually go on insulin. 90% of all diabetics are Type 2. Furthermore, 90% of all Type 2 diabetes is caused by lifestyle.

4 – Gestational diabetes usually occurs in the 2<sup>nd</sup> half of a woman’s pregnancy and in 95% of the time, blood glucose levels return to normal when the pregnancy ends.

**Endocrinologist** is a physician who specializes in hormone disorders. Insulin is a hormone. T1D is an autoimmune disease and it is associated with an increase in autoimmune thyroid disease, Hashimoto’s, which is another reason to seek the care of an endocrinologist. To find one near you, go to [www.aace.com](http://www.aace.com).

Type 1 diabetics are 2x more likely to suffer from depression than those without the disease.

Since Type 1 is an autoimmune disease, there is an increased risk your immune system could turn on you again resulting in thyroid and celiac disease.

Complications of Type 1, including LADA, and Type 2 include heart disease, stroke, kidney failure, retinopathy, blindness, macular degeneration, neuropathy, gum disease, dementia and Alzheimer’s.

Recent research has shown an increase in cancer occurrence in Type 2 diabetics. This makes sense to me as many cancers occur in fatty tissue. In 90% of Type 2 patients there is an overweight or obesity component.