

Why does type 1 diabetes develop?

Type 1 diabetes is actually a disease that occurs when the immune system works incorrectly and unnecessarily.

As such, many factors that will affect immunity can also trigger type 1 diabetes.

Of course, we cannot say something like "Everything that impairs immunity will directly cause type 1 diabetes". When these factors, which we do not know together with the existence of the appropriate genetic structure, come together, the immune system deteriorates and type 1 diabetes occurs.

The biggest trigger of type 1 diabetes is viral infections. The shell structure of some viruses is very similar to the structure of the insulin-producing cells in the pancreas. Since the soldiers who provide the body's defense react against these microbes coming from outside, they send destructive enzymes to everywhere that sees that area. Since the same area is on the pancreas, destructive enzymes go here as well, and those cells gradually break down. The most blamed virus is mumps.

Apart from viruses, psychological stress can also trigger type 1 diabetes.