

## **How many types of diabetes are there?**

There are actually 4 types of diabetes.

Type 1 diabetes, type 2 diabetes, gestational diabetes and other special types.

Other special types include many types e.g. diabetes caused by cortisone and diabetes caused by pesticide poisoning.

The most well-known are the first type of Type 1 and Type 2 diabetes. Type 1 diabetes is a less common type of diabetes. Type 2 diabetes is known to everyone and generally constitute around 80 percent of the cases.

Type 1 diabetes occurs as a result of the body's reaction against the organ that secretes insulin, which we call the pancreas. It is more common in children and young people. It starts suddenly, at first fasting blood sugar is very high. The person suddenly starts to lose weight when there was no complaint before. Blood sugar is extremely high. The only treatment that should be done is insulin therapy. There is no rule that it will always be in children and young people, it can start at an advanced age.

Type 2 diabetes is the type that constitutes 80-85 percent of the total diabetes, which is much more common. In this type of diabetes, insulin is actually secreted, but because the body shows resistance to insulin, insulin cannot show its effect. This type, which was previously seen in people after the age of 40, has now started to appear at younger ages with the change in lifestyle. We now have many type 2 diabetes patients who are in their early 20s. Its symptoms are insidious, occurs randomly. When asked thoroughly, family history is rich in diabetes, high blood pressure, excess weight, infarction (heart attack), stroke, irregularity in blood lipids.