INTRODUCTION

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## Definition :

Diabetes mellitus is a metabolic disorder characterized by [hyperglycemia](http://en.wikipedia.org/wiki/Hyperglycemia) (high [blood sugar](http://en.wikipedia.org/wiki/Blood_sugar)) and other signs, as distinct from a single disease or condition. The [World Health Organization](http://en.wikipedia.org/wiki/World_Health_Organization) recognizes three main forms of diabetes: [type 1](http://en.wikipedia.org/wiki/Diabetes_mellitus_type_1), [type 2](http://en.wikipedia.org/wiki/Diabetes_mellitus_type_2), and [gestational diabetes](http://en.wikipedia.org/wiki/Gestational_diabetes) (occurring during [pregnancy](http://en.wikipedia.org/wiki/Pregnancy)),(1) which have similar signs, symptoms, and consequences, but different causes and population distributions. Type 1 is usually due to [autoimmune](http://en.wikipedia.org/wiki/Autoimmune_disease) destruction ………

## Major Types of Diabetes

### 1-[Type 1 diabetes](http://www.diabetes.org/type-1-diabetes.jsp)

[**Type 1 diabetes mellitus**](http://en.wikipedia.org/wiki/Type_1_diabetes_mellitus)**—formerly known as insulin-dependent diabetes (IDDM), childhood diabetes or also known as juvenile diabetes, is characterized by loss of the insulin-producing** [**beta cells**](http://en.wikipedia.org/wiki/Beta_cell) **…………….**

4-[Pre-diabetes](http://www.diabetes.org/pre-diabetes.jsp)

**Pre-diabetes is a condition …………………….**

## [The Genetics of Diabetes](http://www.diabetes.org/genetics.jsp)

**Both type 1 and type 2 diabetes are at least partly inherited. Type 1 diabetes appears to be triggered by some (mainly viral) infections). …………………**

## 07_diabetes_type2_symptomsClinical picture of diabetes:

## **INVESTIGATION**

**1-Blood glucose test: Traditional Home Blood Glucose Monitoring. The traditional method of testing your blood glucose involves pricking your finger ……………….**

**2- Fasting plasma glucose test: measures your blood glucose after you have gone at least 8 hours without eating.**

**People with diabetes should have this test every three months to determine whether their blood sugars have reached the target level of control. (9)**

## Treatment & Management of Diabetes :

**The main goal of diabetes treatment is to keep blood sugar levels within a normal range most of the time. . Treatment advice is individualized according to the needs of the person.(10)**

**. Treatment may include: …………………………………….**

## Complications :07_diabetes_problems

### **Cardiovascular complications:**

**Heart attack, stroke, and others related to poor circulation. Cardiovascular disease is the most common complication of type 2 diabetes. In fact, people with diabetes have a risk of cardiovascular disease that is two to five times that of people without the condition.(16)**

**Cardiovascular complications Among people with diabetes the men and women (especially those with type 2 diabetes) have an equal chance of suffering heart attacks; they have a much higher cardiovascular death rate than their nondiabetic people.(16)**

**Compared with men without diabetes, men with diabetes have about two times the average risk of developing cardiovascular disease; women with diabetes have**