

Types of diabetes mellitus



Type 1 diabetes

- This occurs when the **pancreas does not produce enough insulin** for normal body function.
- This may be due to an **autoimmune condition** whereby the body's immune system attacks and destroys the beta cells of the pancreas, making it unable to produce insulin.
- Not caused by diet and lifestyle.
- While it typically develops in children or early adulthood, it can also happen to people of other ages.



Type 2 diabetes

- Most common form of diabetes.
- Usually occurs when the **body's cells do not respond well or are resistant to the body's own insulin.**
- Commonly associated **with being overweight** and having **excessive body fat** (under the skin and around the internal organs).
- Typically develops in older adults (risk increases for those above 40 years).



Gestational diabetes

- Some women develop higher blood sugar levels **during pregnancy**, which usually normalise after delivery.
- Increased risk of developing diabetes later on in life.
- Visit <https://go.gov.sg/parenthub-gdm-p5> to find out more about Gestational Diabetes.