

TYPES OF DIABETES

	Type 1	Type 2	Gestational
Physiological Causes	Exact cause unknown (possible causes include: injury to beta cells or virus)	Insulin resistance, and or insulin deficiency	Hormones of pregnancy cause insulin resistance
Body Type	Generally thin or athletic build	Abdominal obesity 80% are overweight	Pregnant, often pregnancy over weight
Onset of Symptoms	Rapid onset, days to weeks in children and weeks to months in adults	Slower onset; weeks to months	Usually occurs after the 26th week of pregnancy. Related to a rise in placental hormones
Treatment	Insulin therapy, healthy eating patterns and physical activity	Meal planning, regular physical activity, diabetes pills and/or insulin therapy	Meal planning, and physical activity, and/or diabetes pills or insulin therapy