ABSTRACT

Diabetes mellitus, also known as simply diabetes, is a group of metabolic diseases in which there are high blood sugar levels over a prolonged period. This high blood sugar produces the symptoms of frequent urination, increased thirst and increased hunger. Untreated Diabetes can cause many complications. Acute complications include diabetic ketoacidosis and nonketotic hyperosmolar coma. Serious long-term complications include heart disease, stroke, kidney failure, foot ulcers and damage to the eyes. Diabetes is due to either the pancreas not producing enough insulin, or the cells of the body not responding properly to the insulin produced. There are three main types of diabetes mellitus:

- **Type 1 diabetes mellitus** results from the body’s failure to produce enough insulin. This form was previously referred to as “insulin dependent diabetes mellitus”.

- **Type 2 diabetes mellitus** begins with insulin resistance, a condition in which cells fail to respond insulin properly. This form was previously referred to as “non-insulin dependent diabetes mellitus”. The cause is excessive body weight and not enough exercise.

Prevention and treatment involves a healthy diet, physical exercises, not using tobacco and being a normal body weight. Blood pressure control and proper foot care are also important for people with the disease. Type 1 diabetes mellitus must be managed with insulin injections. Type 2 diabetes mellitus may be treated with medications with or without insulin. Insulin and some oral medications can cause low blood sugar.
Weight loss surgery in those with obesity is an effective measure in those with type 2 diabetes mellitus. Gestational diabetes usually resolves after the birth of the baby.

Globally, as of 2013, an estimated 382 million people have diabetes worldwide, with type 2 diabetes mellitus making up about 90% of the cases. This is equal to 8.3% of the adult population, with equal rates in both women and men.