**THE MAIN RISK FACTORS FOR DIABETES**

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 Diabetes - is a disease in which the pancreas cannot produce sufficient insulin or when the body cannot use the insulin. The first WHO Global report about diabetes shows that the quantity of adults with diabetes has almost quadrupled since 1980 to 422 million adults. In 2012, an estimated 1.5 million deaths were directly caused by diabetes and another 2.2 million deaths were attributable to high blood glucose. The estimates show a big prevalence of 382 million people which have diabetes in 2013, expected to rise to 592 million by 2035 [1].

 There are two main types of diabetes: type 1 and type 2, with type 2 diabetes accounting for the majority (>85%) of total diabetes prevalence [2].

 There are many risk factors for the development of diabetes: viral infections, race, geography, family history, early diet and other conditions.

 Viral infections. Viral infections Rubella, chicken pox, epidemic hepatitis and some other diseases, including influenza, increase the risk of diabetes. These infections play the role of a trigger mechanism, as if provoking the disease.

 Diseases of the pancreas. Pancreatitis, cancer of pancreas, diseases of other endocrine glands - all that stimulates pancreatic dysfunction contributes to the development of diabetes.

 Race. Some race have a big rate of type 1 diabetes. In the United States, Caucasians seem to be more susceptible to type 1 than African-Americans and Hispanic-Americans. Chinese people have a lower risk of developing type 1, as do people in South America [3].

 Geography. People who live in northern climates have a high risk of type 1 diabetes. People who live in southern climates—such as South America have a low level of development of type 1 diabetes.

 Genetic. There are observations that 1 type diabetes is inherited with a probability of 3-7% on the mother's line and with a probability of 10% along the line of the father. If both parents are ill, the risk of the disease increases several times and amounts to 70% [4].

 Obesity. The risk of diabetes increases with a body index of more than 30 [5].

 To protect yourself from diabetes, it is very important to prevent it before diagnosis. For this you need: lead an active lifestyle and control your weight, Healthy food, to avoid stress, constantly monitor the level of glucose in blood.

 References

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