

JIM C – HEALTH TERMS

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Diabetes is unique – a majority of the treatment falls on the person who has the disease, and management of stress and food are vital.

HOW DID THE TERM “*DIABETES*” ORIGINATE?

***Basics:* Normally, sugar is digested and broken down to a simple sugar (glucose), which then circulates in your blood where it waits to enter cells to be used as fuel. Insulin is a hormone produced by the pancreas that helps move the glucose into cells.**

***Type 1 Diabetes:* Insulin-dependent diabetes (aka juvenile-onset diabetes) is an autoimmune disease of the insulin-producing beta cells of the pancreas, which can no longer make insulin necessary to transport sugar from the blood into the other cells of the body for energy. As sugar builds up in the blood over time, internal organs (kidneys, eyes, heart, and brain) can be seriously damaged.**

***Type 2:* Noninsulin-dependent diabetes (adult-onset diabetes) results from the inability of the cells in the body to respond to insulin. 90-95% of the 21 million diabetics have Type 2 diabetes.**

***Online Etymology:* 1562, from Latin *diabetes*, from Greek *diabetes* "excessive discharge of urine," literally "a passer-through, siphon," from *diabainein* "to pass through." The noun diabetic is from 1840.**

Conventional Wisdom: Diabetes = A glucose metabolism disorder

Moment of Zen: Despite no cure, there is treatment and hope