



## What are the major forms of diabetes?

There are two major forms of diabetes. Type 1 diabetes is characterized by deficient insulin production and requires daily administration of insulin. Symptoms may occur suddenly and include extreme thirst, constant hunger, weight loss, excessive urination, blurred vision and fatigue. Type 2 diabetes results from the body's inability to effectively use its insulin. Ninety percent of people with diabetes have type 2 diabetes. Symptoms may be similar to those of type 1 diabetes, but are often less marked. Type 2 diabetes is largely the result of excess body weight and physical inactivity.

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