Type 1 Diabetes

Dan Bornstein
Augustana College, Rock Island Illinois

Follow this and additional works at: https://digitalcommons.augustana.edu/pubh100issues
Part of the Endocrinology, Diabetes, and Metabolism Commons, Environmental Health Commons, Epidemiology Commons, Pathological Conditions, Signs and Symptoms Commons, Public Health Education and Promotion Commons, and the Virus Diseases Commons
Type 1 Diabetes

Description of Type 1 Diabetes
As of 2015, The American Diabetes Association, (2015) recorded nearly 30 million Americans diagnosed with diabetes. That is 9.4 percent of the American population; about 1.25 percent of the 30 million have Type 1 diabetes. Type 1 diabetes is a noncommunicable disease present all around the world and is by far the less common form of diabetes.

Epidemiology of the Type 1 Diabetes
There are viruses that were said to be the agent for Type 1 Diabetes, however, researchers have found that an inverse correlation of hygiene and incidence of autoimmune disease could play a role (Filippi, 2008, para. 5). Symptoms of this condition include the following: excessive hunger and thirst, blurry vision, fatigue, excessive urination, and dramatic weight loss in a rather short period of time (mayoclinic.org, 2017). Multiple tests are generally required for a diagnosis of this disease. These tests are usually blood tests and are proven to be more accurate in the morning. The fasting blood glucose test, oral glucose tolerance test, random blood glucose test, and the glycated hemoglobin test can all be used to diagnose Type 1 Diabetes according to Everyday Health (Bennington-Castro, 2015). Glucose levels are measured in each one.

Type 1 diabetes usually occurs before the age of 40, specifically around the age 14. This condition has an estimated loss in life expectancy of 11.1 years. When it comes to men, they were later reduced to 8.3 years after attained the age of 20 and for women it is 7.9 years (Livingstone, 2015, para. 2). The biggest influence on Type 1 Diabetes in America would be the increased level of obesity and overall

Dan Bornstein
PUBH 100
4/18/18
 laziness that the country is accustomed to. The U.S. is prone to this catastrophe and because of it the level of Type 1 diagnoses are increasingly common. When healthy choices and guidance are not provided or chosen, the chances of these rates declining are rare.

His article provides research and many supported consortia leading towards the future decline of Type 1 diagnosis. The TrialNet consortium is a study that deals with an international network that increases the understanding of the disease and looks to intervene in prohibiting the process of this disease. This study’s focus is to simply find strategies to prevent this outrageous outbreak. Another consortium is TEDDY (The Environmental Determinants of Diabetes in the Young), which has objectives to identify “infectious agents, dietary factors, or other environmental exposures that are associated with increased risk of autoimmunity and type 1 diabetes” (Skyler & Ricordi, 2011, Table 1). As mentioned, the primary goal of this study is to find ways to take precautions in order to lower the rates of Type 1 Diabetes. Personally, I believe that enforcing healthier choices when it comes to food, aerobics, medicine, etc. through either schools, advertisements or professionals would be beneficial to society and would contribute to lowering the Type 1 diagnosis rate. If tests run successfully, perhaps a childhood shot or vaccine can be developed to prevent risks for this unwelcome illness.

References