

Diabetes Facts

Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both.

There are three main types of Diabetes:

Type 1, was previously called insulin-dependent diabetes mellitus (IDDM) or juvenile-onset diabetes. Most commonly diagnosed in children and young adults, develops when the body's immune system destroys pancreatic beta cells, the only cells in the body that make the hormone insulin that regulates blood glucose. People with type 1 diabetes must have insulin delivered by injection or a pump.

Type 2, was previously called non-insulin-dependent diabetes mellitus (NIDDM) or adult-onset diabetes, usually begins as insulin resistance, a disorder in which the cells do not use insulin properly. As the need for insulin rises, the pancreas gradually loses its ability to produce it.

Gestational diabetes is a form of glucose intolerance diagnosed during pregnancy. During pregnancy, gestational diabetes requires treatment to normalize maternal blood glucose levels to avoid complications in the infant.

Prediabetes also exists, a condition in which individuals have blood glucose levels higher than normal but not high enough to be classified as diabetes. People with prediabetes have an increased risk of developing type 2 diabetes, heart disease, and stroke.

The disease can cause serious health complications including heart disease, blindness, kidney failure, and may even lead to lower-extremity amputations.

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