

# Double Diabetes



Double diabetes is a combination of the features of type 1 and type 2 diabetes

Double diabetes is when someone with type 1 diabetes develops insulin resistance, the key feature of type 2 diabetes.

Someone with double diabetes will always have type 1 diabetes present but the effects of insulin resistance can be reduced somewhat.

The most common reason for developing insulin resistance is obesity and whilst type 1 diabetes is not itself brought on by obesity.

People with type 1 diabetes are able to become obese and suffer from insulin resistance as much as anyone else.

## What is the difference between type 1 and type 2 diabetes?

Type 1 diabetes is an autoimmune disease whereby the body's immune system attacks and kills off its own insulin producing cells.

The autoimmune effect is not prompted by being overweight. Over a period of time, the vast majority, if not all, of insulin producing cells are destroyed.

Without being able to produce insulin, blood sugar levels rise and the symptoms of diabetes appear.

Type 2 diabetes is closely related to obesity, 85% of cases of type 2 diabetes occur in people who are obese. Although the process is not yet fully understood, it is largely believed that obesity causes the body's cells to become resistant to insulin.

As a result, people with either type 2 diabetes or pre-diabetes start to produce more insulin than those without the condition and one of the consequences of this is further weight gain which helps to reinforce the condition.

Type 2 diabetes develops gradually, usually over a period of years before symptoms, such as frequent urination, become noticeable.

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