Diabetes: Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy.

Your body breaks down most of the food you eat into sugar (glucose) and releases it into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

With diabetes, your body doesn't make enough insulin or can't use it as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

Type 1 Diabetes

Type 1 diabetes is thought to be caused by an autoimmune reaction (the body attacks itself by mistake). This reaction stops your body from making insulin. Approximately 5-10% of the people who have diabetes have type 1. Symptoms of type 1 diabetes often develop quickly. It's usually diagnosed in children, teens, and young adults. If you have type 1 diabetes, you'll need to take insulin every day to survive.

Type 2 Diabetes

With type 2 diabetes, your body doesn't use insulin well and can't keep blood sugar at normal levels. About 90-95% of people with diabetes have type 2. It develops over many years and is usually diagnosed in adults (but more and more in children, teens, and young adults). You may not notice any symptoms

Insulin is the most common type of medication used in type 1 diabetes treatment.

It's given as an infusion under the skin (with the help of an insulin pump) or as an injection.

There are multiple types of insulin. They vary based on how quickly they start working, how long they work, and whether they have a peak level of action.

1. Short-acting insulin: 30 minutes after injection and peak 2-3 hours afterward. These injections also work up to 3-6 hours.
2. Rapid-acting insulin: works within 15 minutes. The peak time is 1 to 2 hours after use, and the medication lasts between 2 and 4 hours.

3. Intermediate-acting insulin works about 2-4 hours after use, with an average peak time of 12 hours. You can expect this type of insulin to last between 12 and 18 hours.
4. Long-lasting insulin helps lower your blood glucose levels for up to 24 hours or longer,

Hypoglycemia can occur with malnutrition and starvation when you don't get enough food, and the glycogen stores your body needs to create glucose are used up. An eating disorder called anorexia nervosa is one example of a condition that can cause hypoglycemia and result in long-term starvation. Insulin overproduction.

Hypoglycemia is a condition in which your blood sugar (glucose) level is lower than the standard range. Glucose is your body's main energy source.

Hypoglycemia is often related to diabetes treatment. But other drugs and a variety of conditions — many rare — can cause low blood sugar in people who don't have diabetes.