

Diabetes Types

- Type 1** Insulin dependent diabetes where the pancreas makes little or no insulin.
- Diabetes Canada article <https://www.diabetes.ca/about-diabetes/type-1>
- Mayo Clinic article <https://www.mayoclinic.org/diseases-conditions/type-1-diabetes/symptoms-causes/syc-20353011>
- Type 1.5** LADA - Latent Autoimmune Diabetes in Adults. A type of diabetes that shares characteristics with both type 1 and type 2. It is an autoimmune disease like type 1, where the body attacks the insulin producing beta cells in the pancreas, however, it develops more gradually similar to type 2 and may not require insulin immediately upon diagnosis. Over time, the destruction of beta cells progresses, the pancreas fails to produce or secrete sufficient insulin, and many individuals with LADA eventually need insulin therapy.
- Sinai Health article https://www.sinaihealth.ca/news/type-1-5-diabetes-growing-epidemic-leads-to-emerging-grey-area-of-disease?gad_source=1&gbraid=0AAAAACINH111o0O5vSeim8laHAqljMF-Rj&gclid=CjwKCAjwq7fABhB2EiwAwk-YbDSzZg3uL21hxfj2f0OjJ762z5CDBAmf-k8jaZ-VgHGDQJnvRaLBoCvMIQAvD_BwE
- Type 2** The body cannot use insulin correctly or does not make enough insulin.
- Diabetes Canada article <https://www.diabetes.ca/about-diabetes/type-2>
- Sinai Health article https://www.sinaihealth.ca/areas-of-care/diabetes-and-endocrinology/type-2-diabetes?gad_source=1&gbraid=0AAAAACINH107VKR7sqRO0BCPNQR2wRcKd&gclid=CjwKCAjwq7fABhB2EiwAwk-YbEfLVgyrQ6XQnM2Hf_wrfJw5yd4fXsz5H24dkEJyAE5LsfuzdVdexoCD0EQAvD_BwE
- Mayo Clinic article <https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/symptoms-causes/syc-20351193>
- Type 3** Brain specific diabetes with insulin resistance and impaired glucose metabolism in the brain.
- Mayo Clinic article <https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-minute-is-alzheimers-type-3-diabetes/>
- Diabetes Australia article <https://www.diabetesaustralia.com.au/blog/what-is-type-3-diabetes/>
- NIH articles <https://pmc.ncbi.nlm.nih.gov/articles/PMC7246646/> and <https://pmc.ncbi.nlm.nih.gov/articles/PMC2769828/>

Diabetes Types

- Type 4** An insulin resistant type that primarily affects older adults particularly those over 65 who were not overweight or obese.
- Diabetes Research Connection article
<https://diabetesresearchconnection.org/new-type-4-diabetes-not-linked-to-obesity/>
- Medicas article <https://www.blogs.medicasapp.com/type-4-diabetes-symptoms-strategies/>
- Type 5** Malnutrition related or Severe Insulin Deficient Diabetes(SIDD) caused by severe and prolonged undernutrition.
- Medscape article <https://www.medscape.com/viewarticle/malnutrition-related-diabetes-officially-named-type-5-2025a10008pd>
- NIH article <https://pmc.ncbi.nlm.nih.gov/articles/PMC8598366/>
- Diabetes UK article https://www.diabetes.co.uk/news/2025/apr/type-5-diabetes-formally-recognised.html#google_vignette
- Gestational** It develops during pregnancy, specifically carbohydrate intolerance leading to high blood sugar levels.
- diaTribe article <https://diatribe.org/diabetes-research/what-best-time-gestational-diabetes-screening>
- Prediabetes** A condition when blood sugar levels are higher than normal but not high enough to be considered type 2 diabetes. The key to manage it is healthy lifestyle including diet, exercise, stress management and sleep hygiene.
- IDiabetes Canada Prediabetes page <http://www.diabetes.ca/about-diabetes/prediabetes-1>