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Some Of The Most Common Diabetes Causes

The cause of diabetes used to be unknown. No one knew that it could be prevented. Eventually, the genetic and personality similarities in those with the condition caught the attention of doctors. We have since learned a great deal about diabetes and what causes it. Thankfully, some causes of diabetes are things you can control. Keep reading to find out some causes of diabetes and what you can and cannot do to control them. By the way, you should seriously have a look at [Shakeology](#) it's excellent and it's certified low glycemic. Read these [Shakeology reviews](#) to learn more about it.

Does your doctor ever warn you about having high triglyceride levels in your blood? This is troublesome because high triglyceride levels are a big cause of Type 2 diabetes. Triglycerides are fats. Turning up fatty blood is an indicator that diabetes is a possibility. Do what you can to reduce the level of triglycerides that can be observed in your blood. A wonderful way to do this is to reduce the amount of sugary and junky foods you consume and replace them with healthier food choices. Studies have shown that there are environmental factors that can cause Type 1 diabetes, as well. For example, a viral infection can lead to a person developing Type 1 diabetes. But not every viral infection leads to diabetes. If you had a viral infection at some point, that may be the cause of your diabetes if you weren't born with it. This can be scary when you also realize just how common viral infections are. But seeking medical attention when you don't feel well can reduce the risk. A simple condition can develop into something serious without notice.

High blood pressure is one of the controllable agents of diabetes. People who have to deal with high blood pressure are more prone to coming down with Type 2 diabetes. Do what you are able to do to keep your cholesterol levels in check and keep watch over your blood pressure. This means it is crucial for you to make an effort to minimize your stress and to keep track of your health. High blood pressure has it's own problems, but is more challenging to take care of it after you have been diagnosed with diabetes. The best way to limit diabetes from happening in your body is to maintain your health. Diabetes is a disease that can be avoided, for the most part. Avoiding type 1 diabetes is harder because its main factors are your ethnicity, genetics, and other uncontrollable factors. Type 2 diabetes is determined by factors that we have more control over. Talk to your doctor if you think you might be at risk of contracting either type of this disorder. This disease can be avoided when the doctor has all the pertinent data they need. Last but not least, be sure to look at this article about [Shakeology cleansing](#).