

# Diabetes mellitus at a glance

## Epidemiology

Prevalence in UK

Type 1 diabetes mellitus (DM) 25 in 10 000

Type 2 DM 200 in 10 000

Age of onset

Type 1 usually under 30 years

Type 2 usually over 30 years

Genetics

Implicated in both type 1 and type 2 DM

Geography

High prevalence of type 1 DM in Scandinavia and Malta; higher prevalence of type 2 DM in South Asians, Afro-Caribbeans, Polynesians

## Findings on investigation

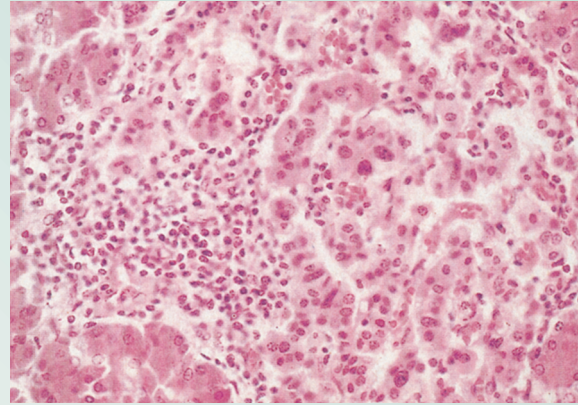
Symptoms of DM

plus

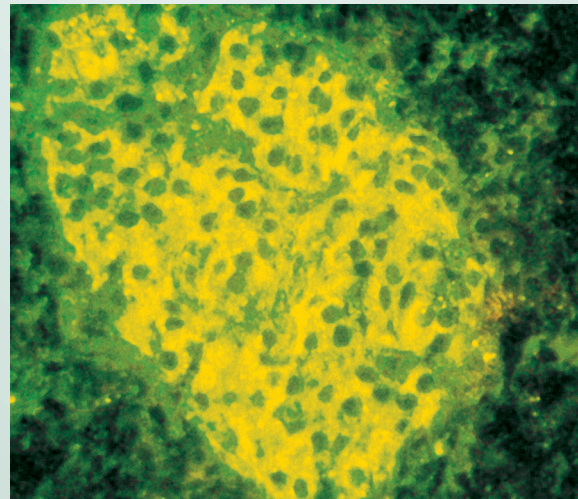
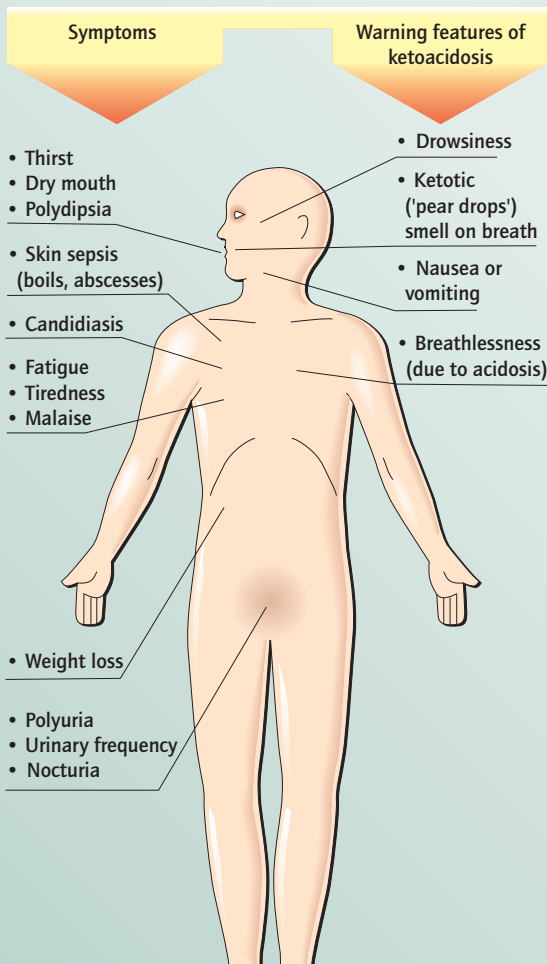
Random venous plasma glucose  $\geq 11.1$  mmol/l

or

Fasting venous plasma glucose  $\geq 7.0$  mmol/l



**Fig. A** Infiltration of islets with chronic inflammatory cells, resulting in insulinitis. In recent-onset type 1 DM most islets are insulin deficient, with residual B cells showing 'insulinitis' which could be a product of autoimmune destruction. H&E stain, magnification  $\times 300$ . Both figures reproduced from Williams & Pickup, *Handbook of Diabetes*, 1992 (Blackwell Scientific Publications, Oxford) with the permission of the authors.



**Fig. B** Human pancreas stained with anti-human IgG fluoresceinated serum: the cells within the islets are strongly positive.