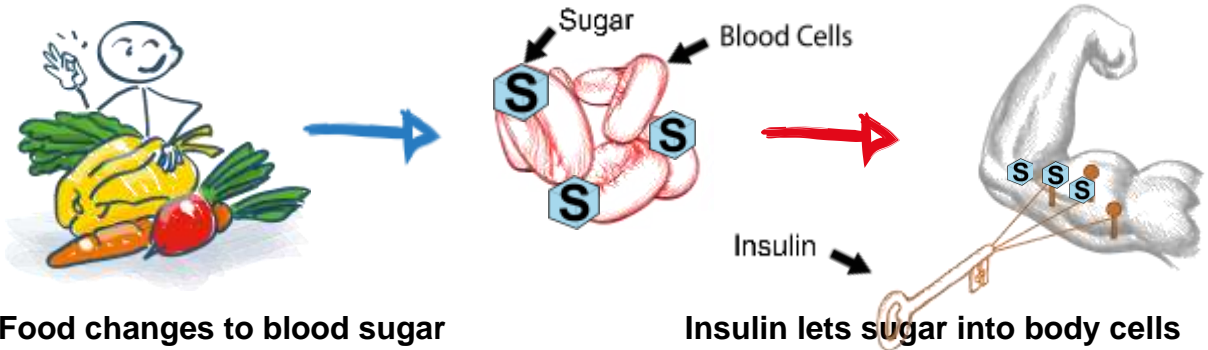


# What Is Diabetes?


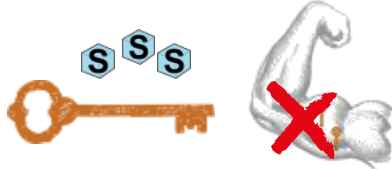
Diabetes means you have too much sugar (glucose) in your blood.

Your body changes much of the food you eat into sugar. This sugar is the body's fuel to give you energy. Sugar travels in your blood to fuel all the cells in your body. Insulin is a hormone made by your pancreas.



Food changes to blood sugar

Insulin lets sugar into body cells

TYPE 1 DIABETES	TYPE 2 DIABETES
<p>The pancreas makes no insulin. There is no insulin to move sugar from the blood into the cells.</p>  <p>Insulin must be taken to keep your blood sugars in target ranges and stay alive.</p>	<p>The pancreas doesn't make enough insulin or the body doesn't use the insulin well.</p>  <p>Insulin has trouble moving sugar into cells, so sugar stays in the blood. Medicine is usually needed.</p>
<p><b>Common feelings and symptoms of HIGH BLOOD SUGAR are:</b></p> <p><b>Always tired, always hungry, always thirsty, frequent urination, blurry vision, sudden weight loss, numb or tingly hands or feet, wounds that won't heal, sexual problems, and vaginal infections.</b></p>	

Managing blood sugar levels helps prevent health problems. You can manage your blood sugars and prevent problems by following your diabetes treatment plan, learning more about diabetes, and knowing when to get help.