



# Diabetes!

**DIABETES IS A DISEASE WHICH CAUSES ABNORMALLY HIGH LEVELS OF SUGAR (GLUCOSE) IN THE BLOOD. INSULIN PRODUCED BY THE PANCREAS LOWERS BLOOD SUGAR. ABSENCE OF PRODUCTION OF INSULIN CAUSES DIABETES.**

Lets prevent diabetes by regularly exercising and maintaining a healthy diet which consists of nutritional food that are not high in sugar.

Each year , 1000's of children in India are diagnosed with Type 1 Diabetes. 97,700 children already have Type 1 Diabetes in India shows a study.

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