What Is Diabetes?

Diabetes is a condition that affects how your body uses sugar (glucose), the main source of energy. Normally, food is broken down into sugar, and insulin (a hormone) helps move it into your cells for fuel.  
In diabetes, this process doesn’t work properly. Either your body makes little or no insulin (Type 1 diabetes) or your body doesn’t respond well to insulin (Type 2 diabetes). As a result, sugar builds up in the blood instead of entering your cells.

**There are two main types:**

* *Type 1 diabetes* often begins in childhood or young adulthood. It cannot be prevented and requires daily insulin.
* *Type 2 diabetes* is more common and linked to lifestyle, weight, or family history. It may be prevented or improved with healthy habits.

**Common warning signs:**

* Increased thirst and urination.
* Constant tiredness or fatigue.
* Blurred vision.
* Slow-healing cuts or frequent infections.
* Sudden weight loss.

Many people may not notice symptoms early, but high blood sugar over time can silently harm the eyes, kidneys, nerves, and heart—even if you feel well.

**The good news:** early detection and regular care can prevent serious problems. Healthy eating, staying active, managing weight, medicines, and regular check-ups all play an important role.

Diabetes isn’t a personal failure—it’s a health condition that can be managed. Learning about it is the first step for you and your family to take control and protect long-term health.