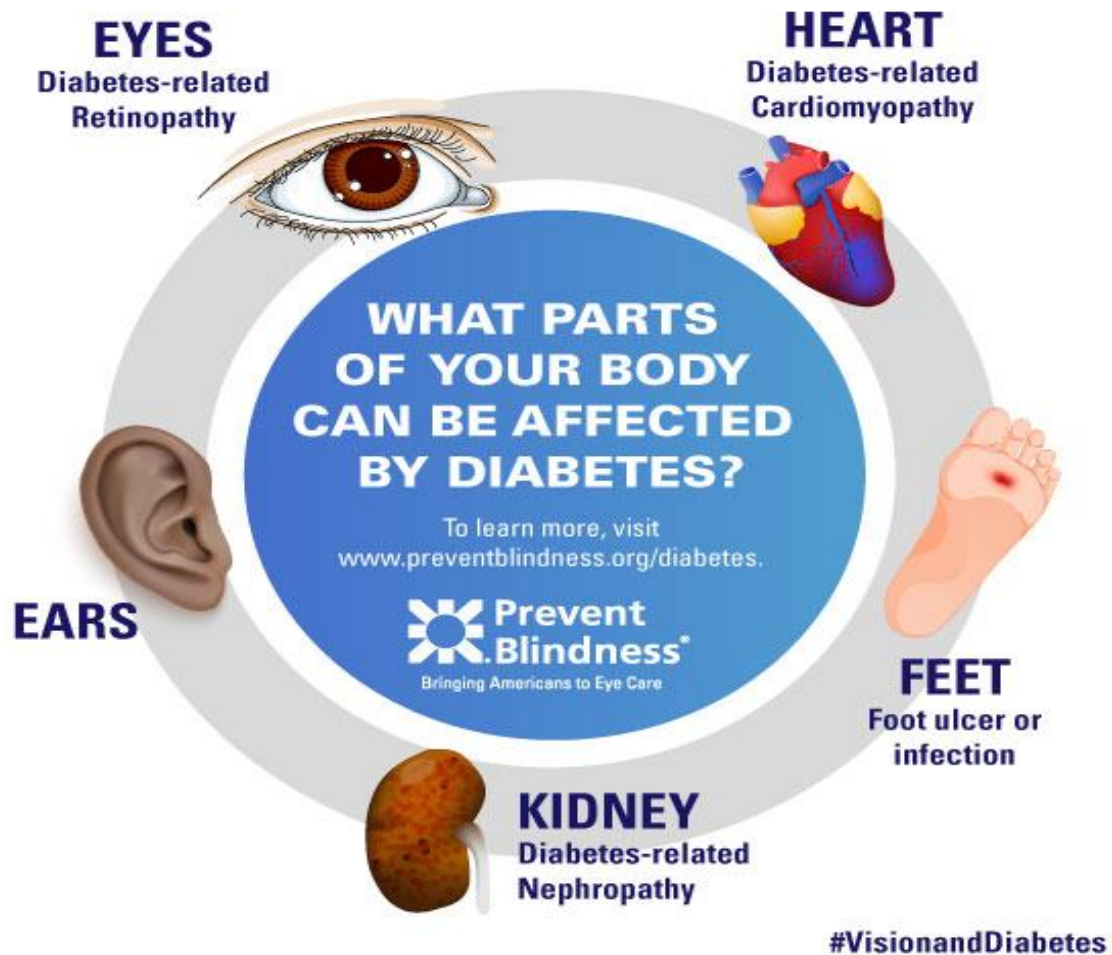




What is diabetes?

Diabetes is when your blood glucose*, also called blood sugar, is too high. Blood glucose is the main type of sugar found in your blood and your main source of energy. Glucose comes from the food you eat and is also made in your liver and muscles. Your blood carries glucose to all of your body's cells to use for energy. Your pancreas—an organ, located between your stomach and spine, that helps with digestion—releases a hormone it makes, called insulin, into your blood. Insulin helps your blood carry glucose to all your body's cells. Sometimes your body doesn't make enough insulin or the insulin doesn't work the way it should. Glucose then stays in your blood and doesn't reach your cells. Your blood glucose levels get too high and can cause diabetes or prediabetes. Over time, having too much glucose in your blood can cause health problems.



Learn about Diabetes

You can learn how to take care of your diabetes and prevent some of the serious problems diabetes can cause. The more you know, the better you can manage your diabetes. Share this booklet with your family and friends so they will understand more about diabetes. Also make sure to ask your health care team any questions you might have.