

# Understanding Diabetes



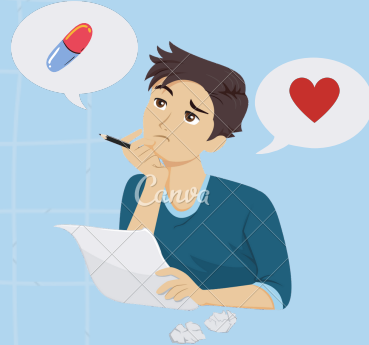
## TINY HEALTH TALES

TINY NARRATIVES, MIGHTY HEALTH LESSONS



1

Diabetes happens when your body can't handle sugar properly because it doesn't make enough insulin or use it well.



Insulin is like a key that unlocks the door for your body to use the food (sugar) you ate for your body's energy.

2

**TYPE 1 DIABETES:**  
Condition when your body attacks insulin-making cells. This causes your body to not have the insulin(key).



**TYPE 2 DIABETES:**  
Condition when your body does not use the insulin(key) properly so the food you eat is not made into energy.

4

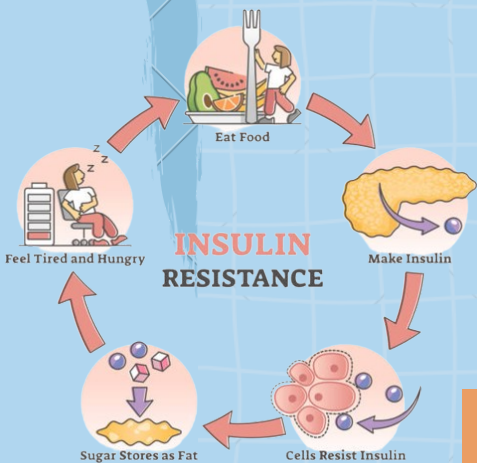
Insulin and Medications(pills) are important in helping in keep blood sugar levels good



5

Having a healthy lifestyle which includes a healthy diet and exercise can help prevent and manage diabetes!

6



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