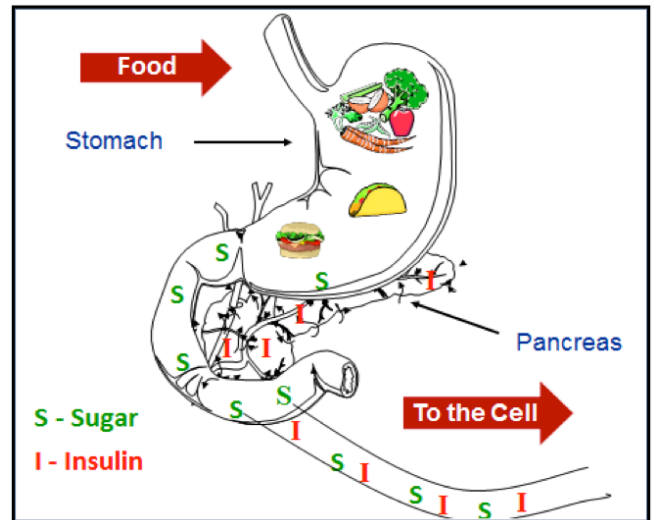


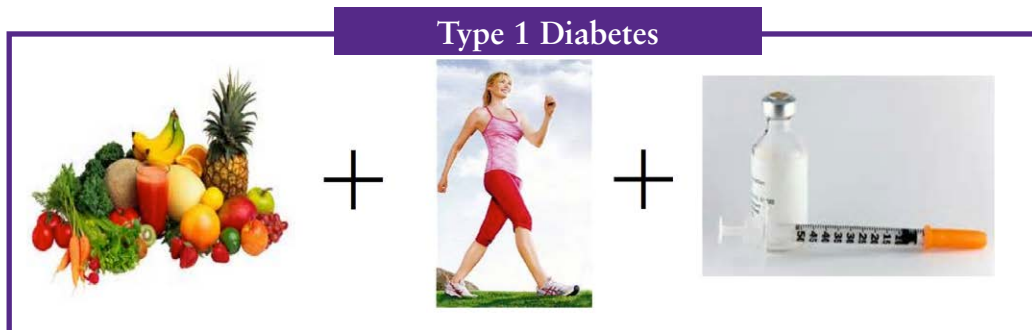
# What is diabetes?

When you have diabetes, it means you have too much sugar in your blood. Diabetes is a disease in which your body cannot use all the sugar that you get from food carbohydrates. Your body turns these foods (bread, rice, pasta, milk, etc.) into sugar (glucose) to use for energy. If your pancreas doesn't make enough insulin, or if your body does not use the insulin very well, your body cannot use the sugar for energy. There are two main types of diabetes, Type 1 and Type 2.



## Type 1 Diabetes

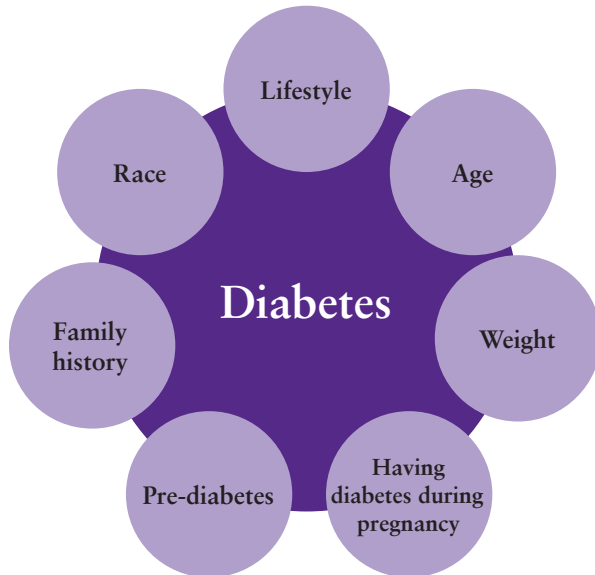
If your body does not make any insulin, this is Type 1 diabetes. In this type of diabetes, the cells of your pancreas do not make any insulin. You can no longer make your own insulin. Type 1 diabetes means you must take insulin shots for your whole life.



- Your pancreas makes no insulin.
- Starts at a young age but may come on as an adult.
- Diabetes comes on quickly.
- Usually a thin person.

# Type 2 Diabetes

In Type 2 diabetes, your pancreas still makes insulin. Over time, your pancreas makes less insulin. Also, the insulin that your body does make does not work very well. Most people with diabetes (90-95%) have Type 2 diabetes.



- It usually starts after 35 years of age but is now seen in children also.
- It comes on slowly.
- The person is usually overweight.



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## Signs and symptoms of diabetes

One of the hardest parts of diabetes is that you may have high blood sugars and not feel anything. When sugars are very high, above 200mg/dL, you may have some of these problems below.



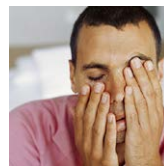
Thirsty



Urination (peeing)



Hungry



Tired



Blurred vision



Weight loss