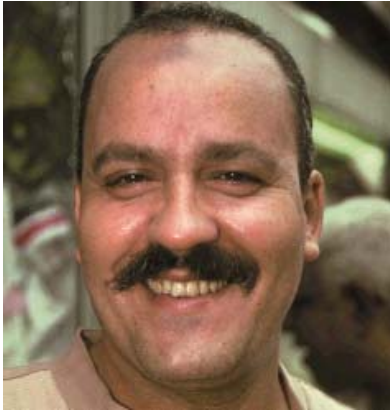


Control Your Diabetes It's Worth the Time Part 1. The Basics



Diabetes is a disease that causes you to have too much sugar or **glucose** in your blood. Our bodies get energy by turning the

food we eat into glucose. To use the glucose for energy, we need insulin. Our bodies make insulin so that we can use the glucose. When you have diabetes, there is a problem with insulin, so the glucose stays in your blood.

There are different types of diabetes. People who have **Type 1 diabetes** don't make any insulin at all. Usually you get Type 1 diabetes when you are a child or young adult. People with Type 1 diabetes will need to take insulin for the rest of their lives. If you have **Type 2 diabetes**, you aren't making enough insulin, and your body isn't using the insulin very well. Usually Type 2 diabetes starts when you are an adult, but children can have it too. **Gestational diabetes** happens during pregnancy. It usually goes away after the baby is born, but women who have Gestational diabetes are more likely to get Type 2 diabetes later in life.

You are more likely to get Type 2 diabetes if:

1. Someone in your family has diabetes.
2. You are Native American, Latino, African American or Asian/Pacific Islander.

3. You are overweight.
4. You don't exercise.

Many people have symptoms of high blood glucose when they find out they have diabetes. If your blood glucose is high, you might:



- be thirsty
- have to urinate often
- feel tired
- have blurry vision
- have infections

High blood glucose is harmful to your body. If you don't control your diabetes, you might start to have problems called the "**complications**" of diabetes.

Diabetes can cause blindness, heart attack or stroke, kidney failure and amputations (loss of foot or leg). You can do a lot to keep these things from happening to you. Learn everything you can about diabetes, and how to control it. Diabetes is serious, and you will have it for the rest of your life, but you can control it. Take the time today to control your diabetes, so you can live a long, healthy life.

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