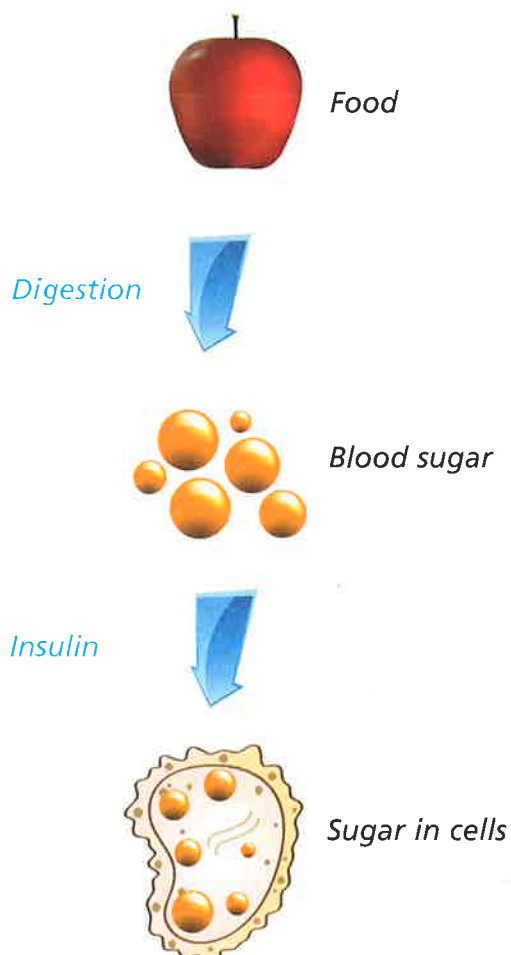


# What is diabetes?

Cornerstones4Care™

Diabetes is a condition in which sugar levels in your blood are high. When you eat, some of your food is broken down into sugar (also called glucose). Sugar travels in your blood to all your body's cells. Insulin helps sugar move from your blood into your cells. Insulin is a hormone that is made by the beta cells in your pancreas.

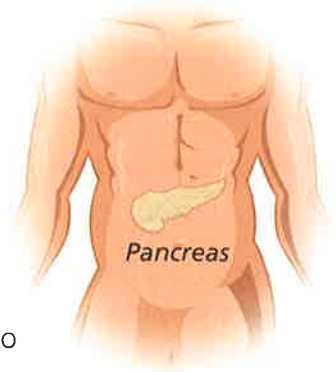
Your cells need sugar for energy. Sugar from food makes your blood sugar levels go up. Insulin lowers your blood sugar level by helping sugar move from your blood into your cells.



## What happens when you have diabetes?

When you have diabetes:

- Your pancreas makes little or no insulin, or
- Your body prevents the insulin you do make from working right



As a result, sugar can't get into your cells. So it stays in your blood. That's why your blood sugar gets too high (also called hyperglycemia).

## Types of diabetes

Three common types of diabetes are type 1, type 2, and gestational diabetes.

**In type 1 diabetes**, the body makes little or no insulin. So people with type 1 diabetes must take insulin every day. Type 1 diabetes usually occurs more often in children and young adults, but it can also appear in older adults.

**In type 2 diabetes**, your body prevents the insulin it does make from working right. Your body may make some insulin, but not enough. Most people with diabetes—about 90% to 95%—have type 2. This kind of diabetes usually happens in people who are older or in those who are overweight. In fact, about 8 out of 10 people with type 2 diabetes are overweight.

**Gestational diabetes** is high blood sugar that develops during pregnancy. About 3 to 8 of every 100 pregnant women develop it. Blood sugar levels usually return to normal after the baby is born. But gestational diabetes can increase the risk of getting type 2 diabetes later in life.