



What Is Diabetes?

Diabetes is when the body doesn't make enough insulin or can't use it well. This causes glucose (a type of sugar) to build up in the blood. As a result, the body doesn't function well.

Know your body

- Your stomach digests your food and breaks it down into glucose, a type of sugar.
- Blood carries that sugar to cells, where the body turns it into energy. Insulin helps the sugar go into the cells. Your pancreas makes insulin.
- If your body can't produce enough insulin, or the cells can't use the insulin well, then the sugar builds up in your blood and you have prediabetes or diabetes.

