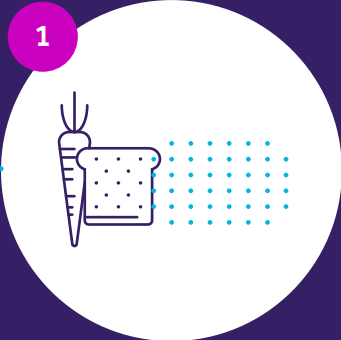


Your guide to diabetes

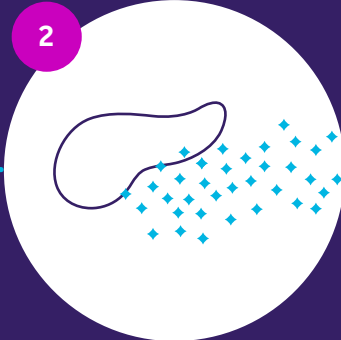
It all starts with blood sugar

Your body gets sugar, also known as glucose, from the food you eat — specifically carbohydrates (e.g. rice, bread, cereal, sweets, pasta, starchy vegetables, dairy). Blood sugar is used as a primary source of energy for your body.

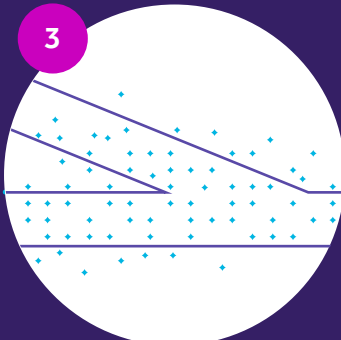
How does the body manage blood sugar levels?



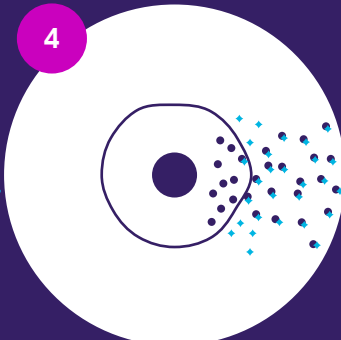
Your body converts food to blood sugar (glucose).



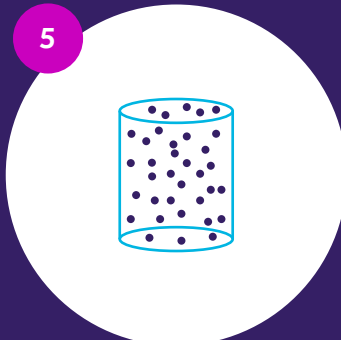
As your blood sugar levels go up, the pancreas makes a hormone called insulin.



Insulin travels through the bloodstream delivering sugar to the cells to be used as energy.



As the sugar moves from your bloodstream into your cells, blood sugar levels go down.



Any excess sugar is stored in the liver and muscles to later be used as fuel between meals.

What happens when the body can't manage blood sugar levels?

Type 2 Diabetes (most common)



Your body no longer responds well to insulin or your pancreas is unable to make enough to manage blood sugar.



Without insulin, sugar cannot get into your cells to provide energy. As a result, sugar levels rise in your bloodstream over time.



Lifestyle changes, oral medicine, and/or insulin injections may be required to keep blood sugar in range.

Type 1 Diabetes (less common)



Your body suddenly stops producing insulin because the beta cells in your pancreas become damaged.



Without insulin, sugar cannot get into your cells to provide energy. As a result, sugar levels rise quickly in your bloodstream.



Daily insulin shots are required to allow the body to process sugar and avoid complications from hyperglycemia (high blood sugar).



As always, you should speak with your doctor about your personal diabetes management goals.