

# Insulin

The food you eat is turned into sugar, which is called glucose. And, Glucose travels to all of your cells through the bloodstream. Inside your body is an organ called the pancreas.

The pancreas makes something called insulin which helps all those cells in your body use the glucose.

Your cells need the glucose to grow and get the power they need.

If you have diabetes, your body has trouble controlling the level of glucose in your blood.

Either your pancreas isn't making enough insulin or your cells aren't reacting to the insulin the way they should, so there's too much glucose running around in your blood.