

Children and Teens: What Is Type 2 Diabetes?

Welcome to "The Beat." That's what I call living with type 2 diabetes--The Beat.

Cause I love music, and I feel like living with diabetes has its own beat.

When I first found out I had diabetes, I was kinda freaked out. I was surprised that kids like me, and maybe you, could even get diabetes.

Diabetes is a problem in the body that causes high blood sugar. Too much sugar in the blood can cause problems with our organs, like our heart, our nerves, and our kidneys.

Your doctor may give you medicine that can help. The thing is, when you take care of you, you're treating your diabetes.

That means getting to a healthy weight and moving more, a.k.a. dancing, biking, running, walking, or whatever beat moves you.

It took a little time, but I began learning how to live better with diabetes. Why? Because, to me, living with The Beat means you get to discover new things to eat and to do.

PS: I may call it The Beat, but I still don't like beets.

Now it's true that there are times when you feel alone. I know I did. And sometimes I still do. But I give myself a break.

And I remember that it's always better together. So ask your family to join you on your healthy-eating adventures.

And invite your friends to come with you on a walk or learn a new dance step. The Beat can be a pain, but remember--you've had other tough times.

You got through them. You've got this too!