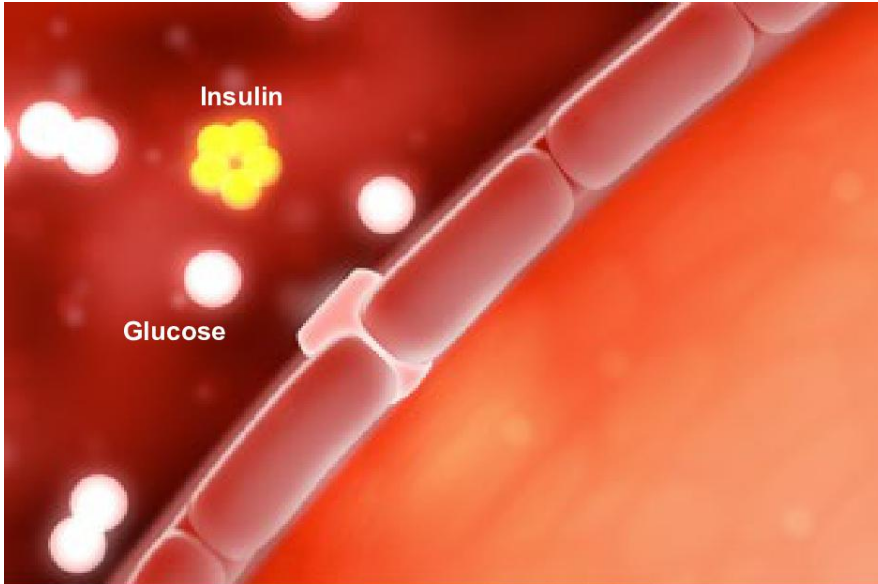




Diabetes



Overview

This disease makes it hard for your body to use blood glucose (also called "blood sugar"). That's what your cells use for energy. With diabetes, blood glucose builds up in your bloodstream. This leads to serious health problems.

Causes

What causes diabetes? Well, it's linked to a problem with insulin. That's a hormone, made by your pancreas, to help blood glucose enter your cells. With diabetes, your pancreas doesn't make enough insulin. Or, your cells become resistant to insulin.

Types of diabetes

There are different types of diabetes. Type 1 is more common in young children and teenagers. Type 2 tends to develop later in life. And, some women develop a form of diabetes during pregnancy. We call this "gestational diabetes."

Symptoms

Diabetes can cause a wide range of symptoms. It can make you feel hungry and thirsty. You may lose weight, and you may need to pee a lot. You may be tired and irritable. Your vision may be blurry. And, you may have problems with sores and infections. You may not notice these symptoms in the early stages. But over time, they can become severe. Without proper care, diabetes can lead to serious and even life-threatening complications.

Management

Diabetes is managed with a healthy lifestyle and by carefully regulating your blood glucose levels. You may need insulin injections, medications or some other treatment. Your doctor will create a care plan that's right for you.