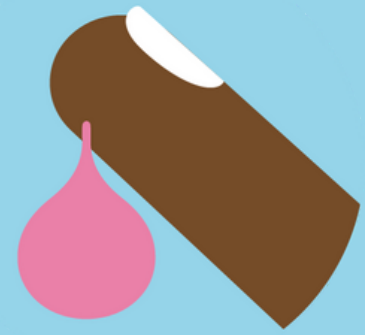


Diabetes 101



What is diabetes?

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy.

Your body breaks down most of the food you eat into sugar (glucose) and releases it into your bloodstream. When your blood sugar goes up, it signals your pancreas (an organ in the stomach that helps with digestion) to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

With diabetes, your body doesn't make enough insulin or can't use it as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

Ways to manage diabetes:



Take medications as prescribed



Maintain a healthy weight and get active



Make sure to have a diabetes care schedule



Eat well and manage your blood sugar

CommunityHealth is here for you! Talk to your medical care team about more ways to manage your diabetes and connect you to resources.

For more information visit: <https://www.cdc.gov/diabetes>