



UNDERSTANDING DIABETES

What is Diabetes?

Diabetes is a chronic disease characterized by high levels of glucose (sugar) in the blood.

Diabetes occurs when insulin is not produced in sufficient amounts by the beta cells of the pancreas, or the cells of the body are unable to use insulin in the proper way to metabolize glucose (known as insulin resistance, or decreased insulin sensitivity). Over time high blood glucose levels can lead to serious diabetes complications.

Type 1 Diabetes is a chronic and presently incurable and unpreventable disease where the pancreas produces none or very little insulin. It is also called insulin-dependent diabetes.

The most prevalent form of diabetes (more than 90%), **Type 2 Diabetes**, is highly preventable. **Type 2 Diabetes** is characterized by insulin resistance, decreased insulin production by the pancreas, or a combination of the two.



For more information visit
defeatdiabetes.org