

What is Diabetes?

Diabetes is a chronic disease that causes the blood sugar (glucose) levels to be high. Most food breaks down into sugar (glucose) during digestion. All the cells in your body need sugar to build energy.

The cells in the body are energy factories. The energy factories need sugar to make the factory work properly. The cells (factory) have door locks so the sugar can not get in to work at the factory. Therefore, the blood sugar sits outside the cell and raises the blood glucose level. When the blood sugar level is high no energy is being produced in the cell factory.



A hormone called insulin is made by your body. Insulin keeps the blood sugar levels in the normal range. It does that by unlocking the door locks in the cell; once the door locks are open the blood sugar level comes down. The sugar goes into the factory and begins to making energy. So, in turn your blood sugar level comes down and you have more energy.

What type am I?

Type 1 – the body doesn't produce insulin. Type 1 Diabetics must have insulin injections for the rest of their life. A type 1 Diabetic is discovered as a child or teenager.

Type 2 – Factors for getting Type 2 Diabetes are heredity, overweight, poor eating habits and/or lack of exercise. Adults over the age 40 but also the number of young adults and teenagers are rising.

How can I control my Diabetes?

- Maintain healthy balanced diet.
- Stay active and lose weight – Be a mover and a shaker.
- Check your blood sugar. Normal BS range 70-115 even with Diabetes.
- Take your medicine as prescribed by your doctor.