What is Diabetes?
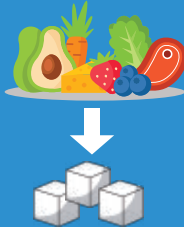
Diabetes means you have too much sugar in your blood. This happens when your body doesn't make enough of a chemical called insulin.

Your body takes the food you eat and turns it into sugar called glucose. Your body needs sugar to give you energy.

Insulin takes sugar in your blood and moves it into the cells in your body. Sugar helps your cells keep you healthy.

Without insulin, sugar can't get into your cells and builds up in your blood which can be very harmful.

We still don't know what causes diabetes, but it can and must be treated to keep you healthy.
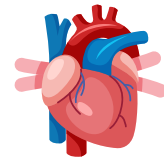
You can't catch diabetes or give it to anyone else. A simple blood test can tell you if you have diabetes.

How Diabetes Can Affect Your Body

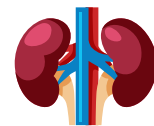If left untreated, diabetes can harm your body in many ways

Too much sugar in the blood can harm the blood vessels around your eyes and cause vision problems.

Diabetes can increase your risk of stroke and heart attack.

Diabetes can harm your kidneys which filter your blood to keep it clean.

Too much sugar in the blood can lead to numbness or infections in your hands and feet.

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