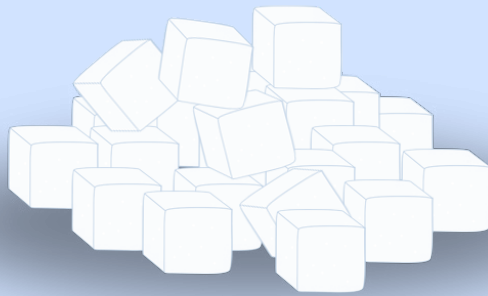


# What is Diabetes?

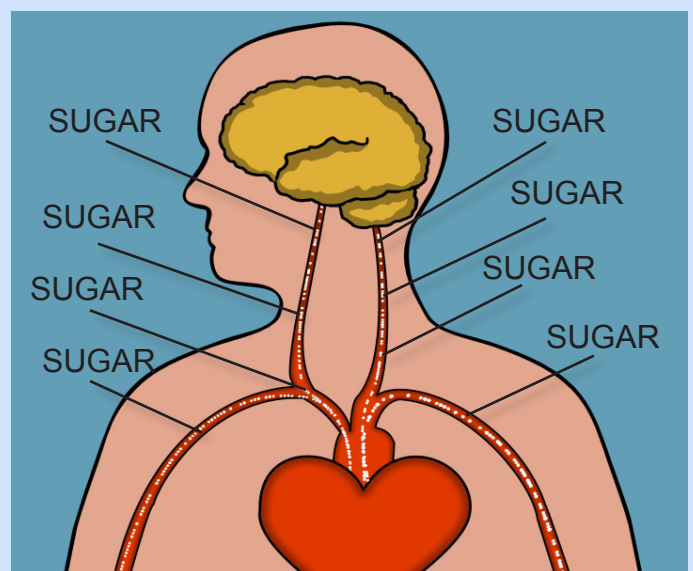
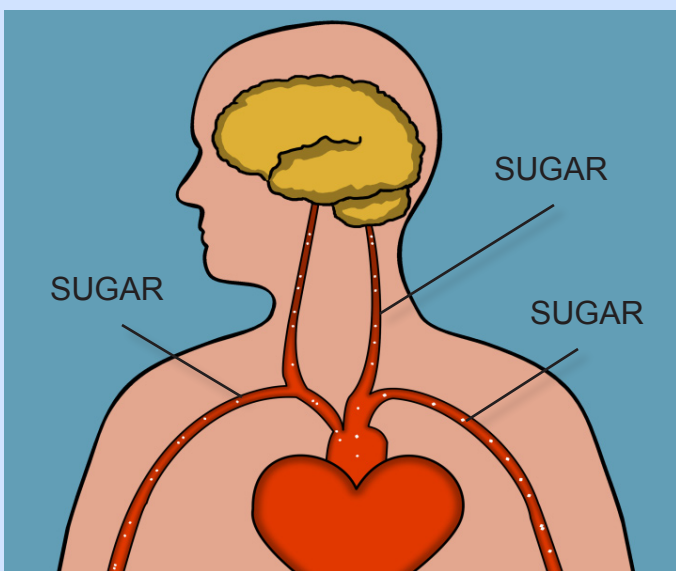
Diabetes is a disease that causes you to have high blood sugar.

## DIABETES IS HIGH BLOOD SUGAR



We all have sugar in our blood.

When you have diabetes you have too much sugar in your blood.



The sugar in your blood comes from the food you eat.

Some foods taste sweet and have a lot of sugar.



Orange juice



Cake



Candy bar



Apple



Soda pop



Grapes

Other foods do not taste sweet, but still have sugar.



Corn



Rice



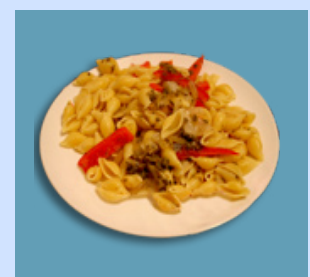
Potato



Bread

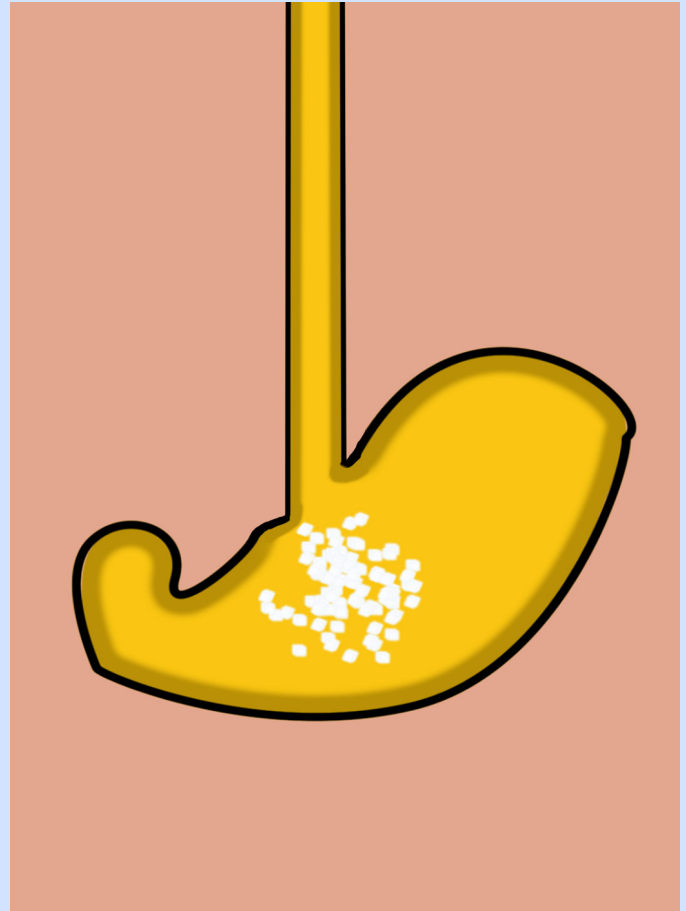
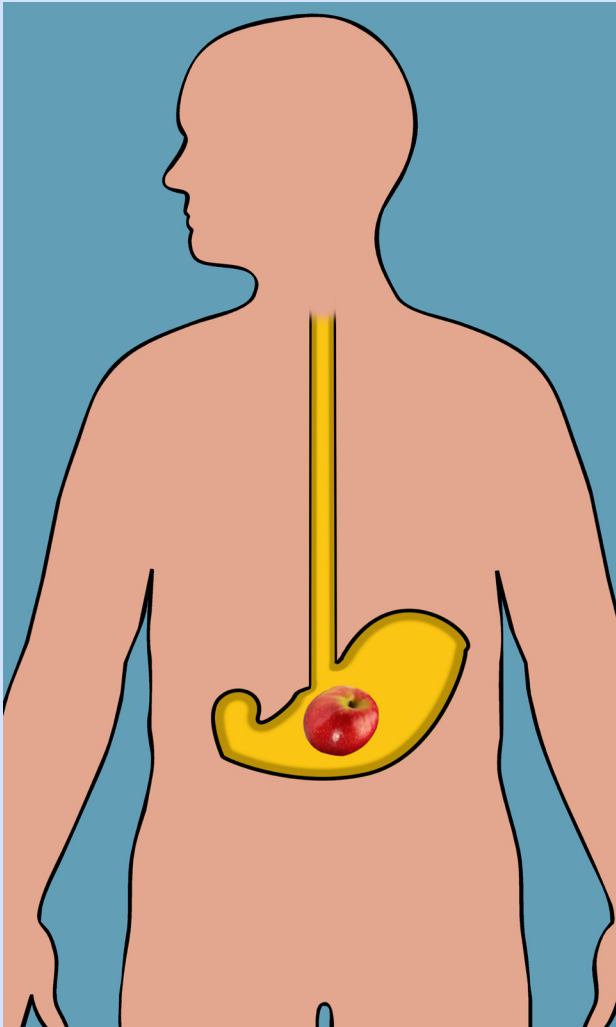


Tortilla



Pasta

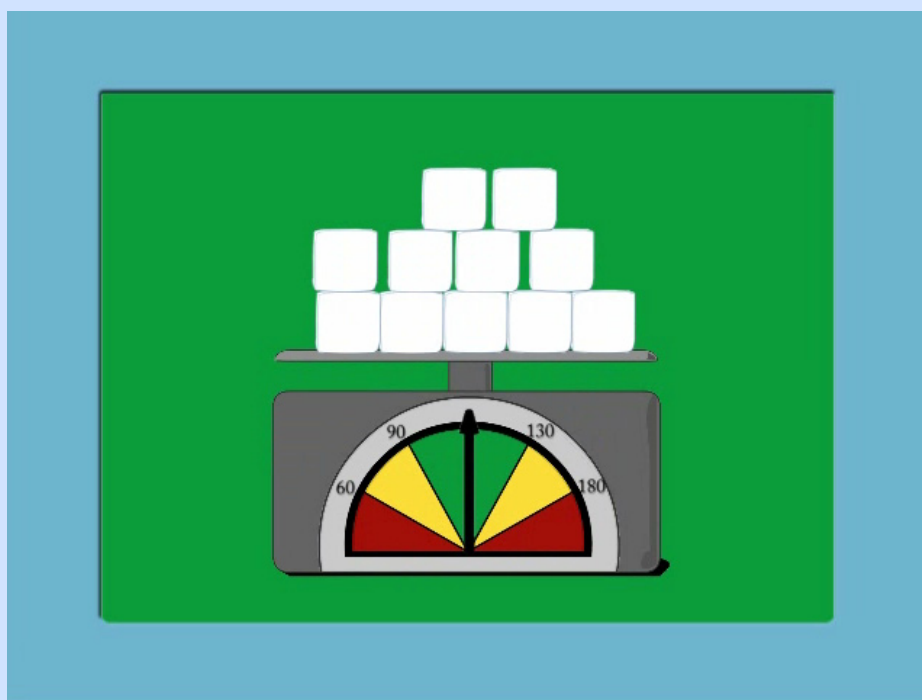
When you eat these foods they are broken down in your stomach.



The sugar then goes into your blood and the blood carries the sugar through your whole body.

Your body needs some sugar for fuel, but **too much sugar in your blood will hurt your body over time.**

The key is balance.



Your body needs sugar, but just the right amount.

**What keeps your blood sugar in balance?**

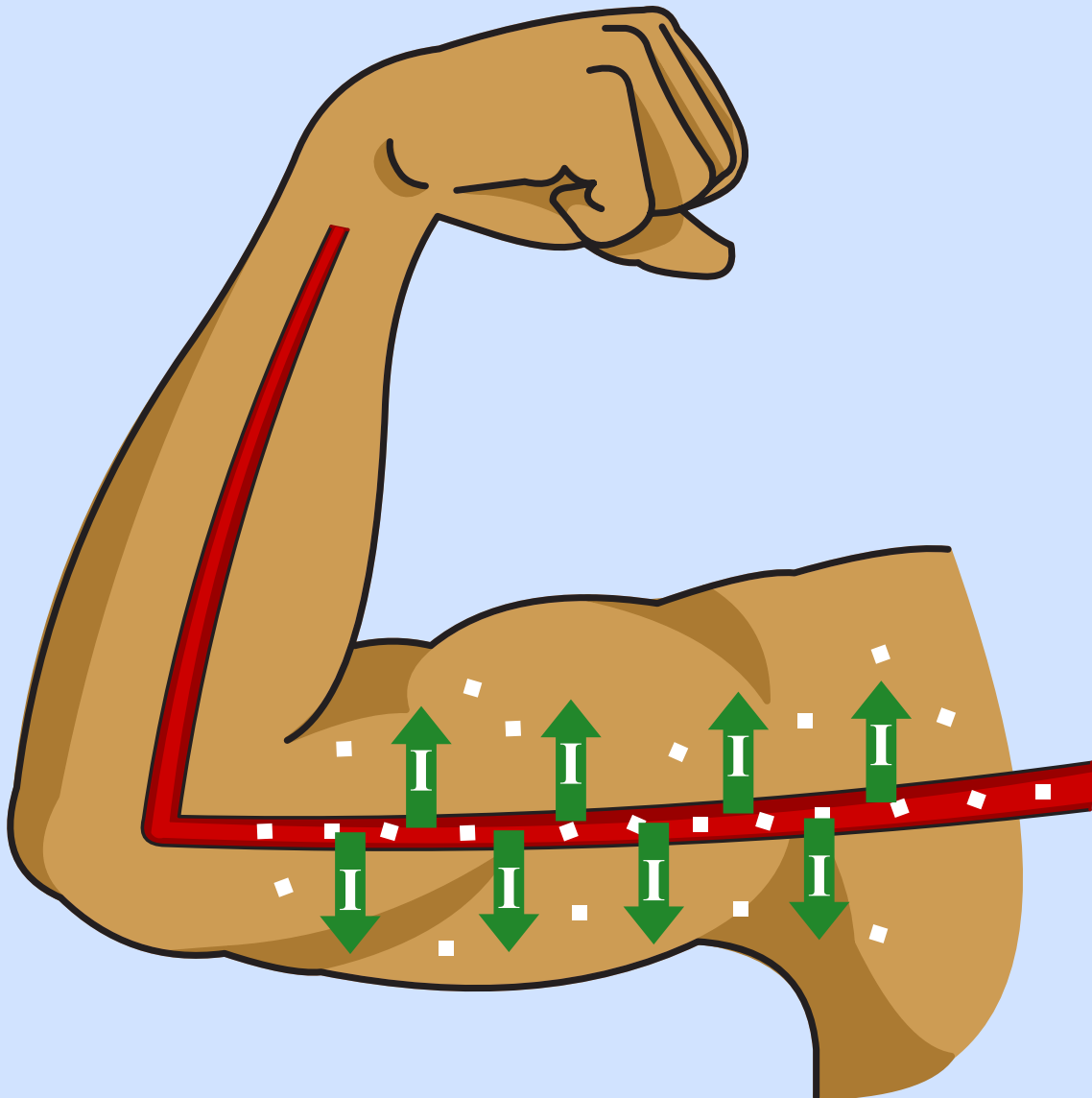
Your body makes insulin to keep blood sugar in balance.

**I** = INSULIN

Everyone's body makes insulin naturally.

# Insulin

Insulin helps sugar move out of the blood and into your muscles and other parts of your body.



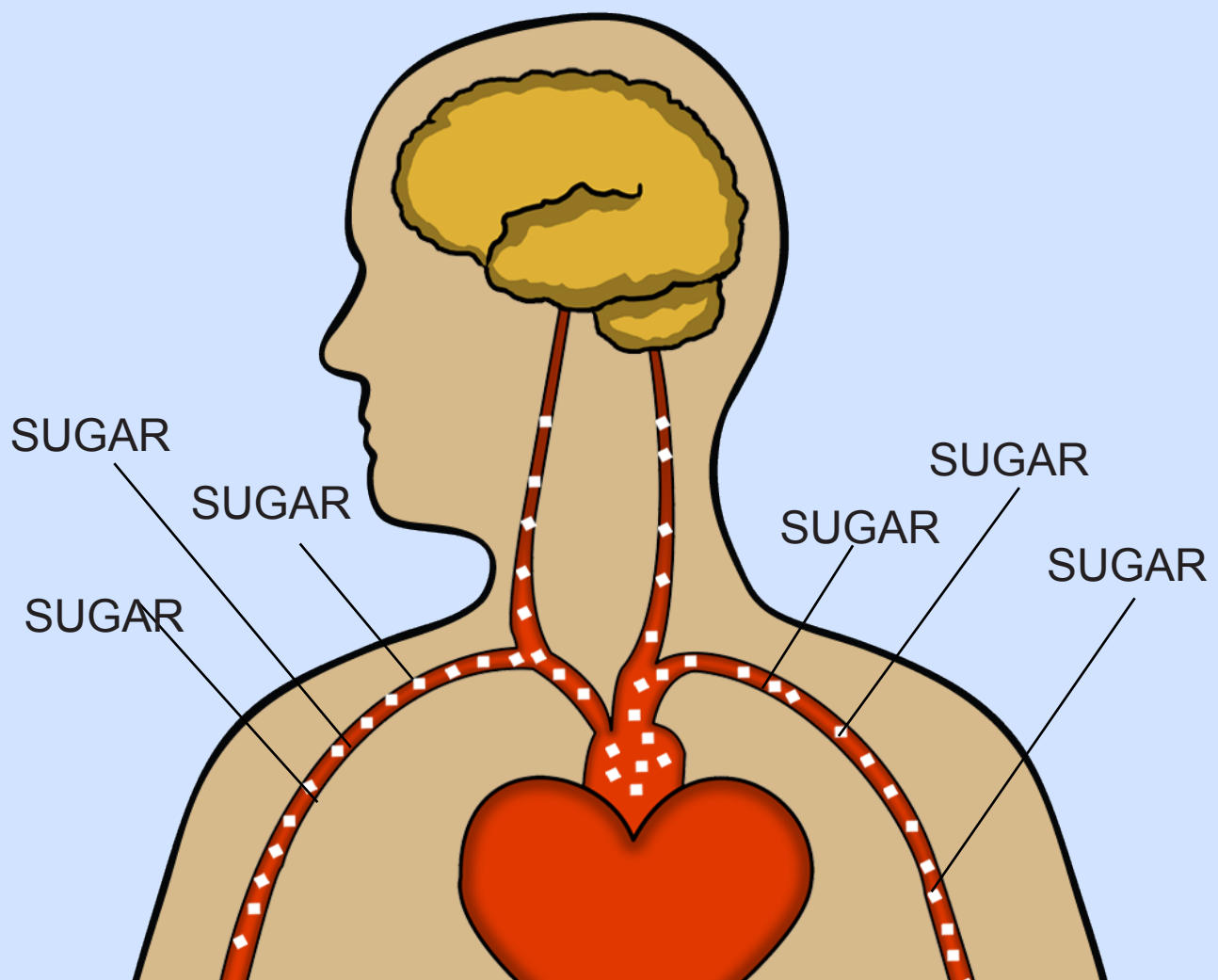
Your muscles can then use sugar for fuel.

Insulin keeps blood sugar in balance.

If you have diabetes, the insulin in your body does not work right and sugar stays in your blood.

You end up with **High Blood Sugar**.

**That's Diabetes.**



# How do you get diabetes?

Being overweight



Not exercising



Diabetes can also run  
in the family.



If someone has a parent or relative with diabetes, they can get diabetes even if they exercise and are not overweight.

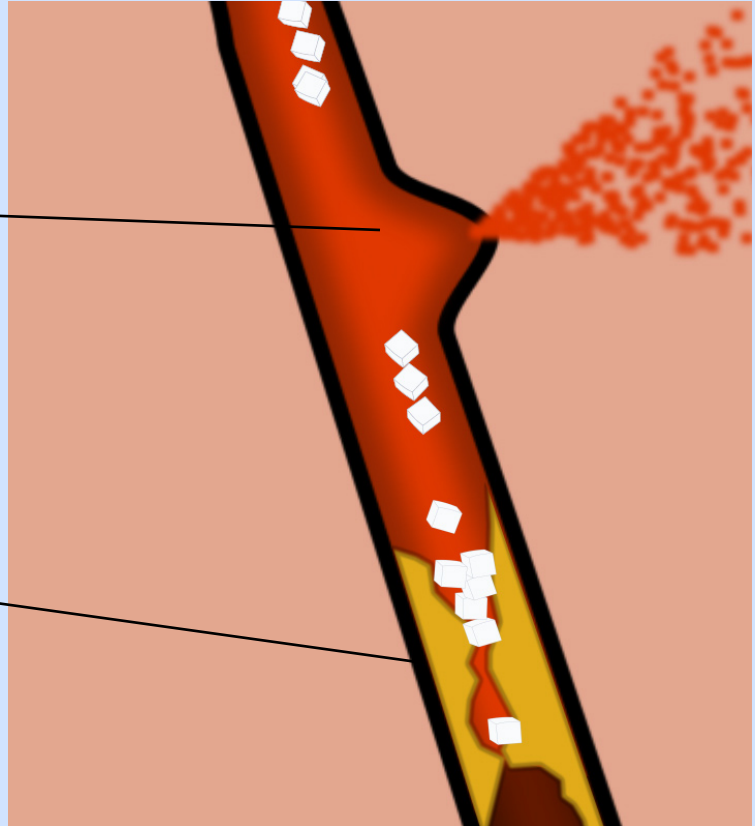
# Diabetes is always serious.

Too much sugar in your blood can hurt the blood vessels over time.

Once blood vessels get hurt:

They can leak

Or get clogged



Leaky or clogged blood vessels can cause:

- A heart attack
- Blindness
- Your kidneys to stop working
- Loss of toes, fingers or limbs



But there is good news:

You can stay healthy.



**In the next section you will learn how to keep your blood sugar under control so you can stay healthy with diabetes.**