

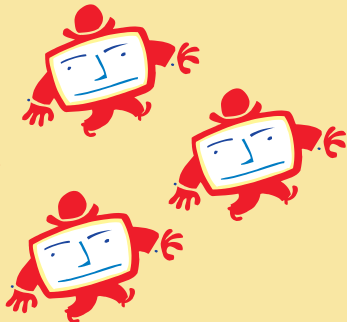
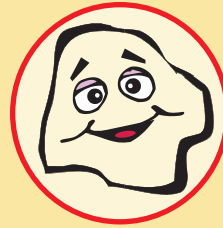


Diabetes is a disease...



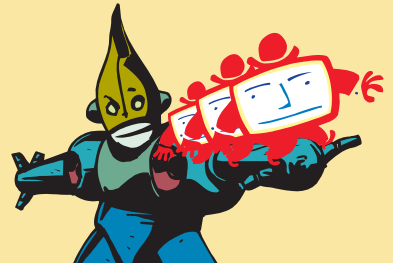
...that happens when your body can't make or use insulin properly

Insulin comes from a gland in your body called the pancreas.



You see, when you eat, your body turns the food into a sugar called "GLUCOSE". This is the energy your cells need to work.

The pancreas makes insulin to help carry...

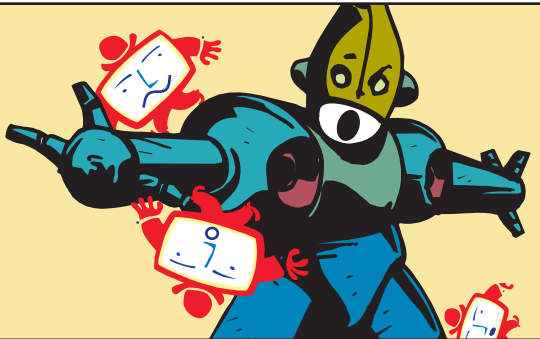


...glucose to the cells in your body.

In **TYPE 1** diabetes, the pancreas makes little or no insulin.



In **TYPE 2** diabetes, the insulin made by your pancreas has trouble...



...carrying the glucose to your body's cells.



In the beginning, a person with diabetes might feel "symptoms". These are signs that your body is sick. A person who has diabetes may...



Always be tired

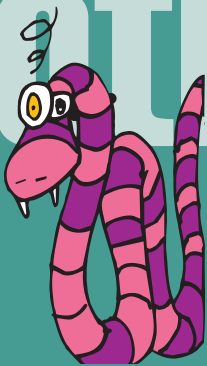


Always feel hungry



Always be thirsty

Other symptoms



Blurry Vision



Sudden Weight Loss



Cuts & Scrapes That Don't Heal

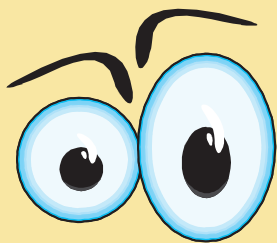


Frequent Urination

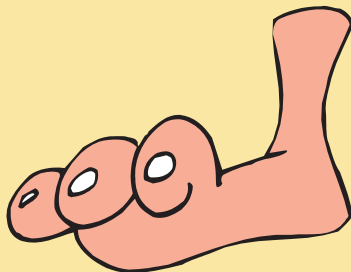


Numb or Tingling Hands or Feet

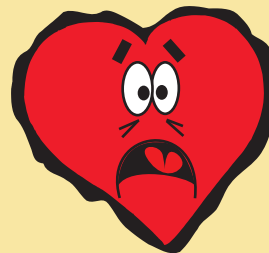
Persons with diabetes who do not take care of themselves may...



...go blind



...or lose a foot or a leg.



They may have heart problems...

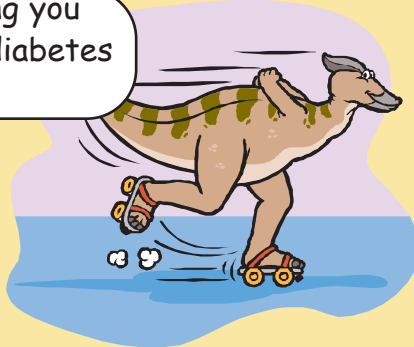


...and even lose their teeth.



Is there anything you can do to prevent diabetes from happening?

YES, there is!!!



You can exercise regularly. Try to get an hour of play each day.



Eat Healthy! Eat plenty of fruits and vegetables.



Remember, do not let diabetes creep up on YOU!