

What is Diabetes?

Having diabetes can be difficult. But, once you learn how to manage it, you will feel better and protect your body from harm.

Taking care of your diabetes will help you get what you want out of life.

- **Diabetes means that your blood sugar is too high.**
 - When you eat, your food is broken down into a sugar called glucose. Glucose gives your body energy.
 - But to use the glucose, your body needs insulin. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin well. This causes sugar to build up in the blood. This harms your body and organs over time.
- **There is no cure for diabetes.**

It's not your fault, but it is your job to take care of yourself. The good news is that you can live a long and healthy life by taking your medicines, eating right, and exercising.
- **Your diabetes care team may include:**
 - your doctor or nurse
(whose name is: _____)
 - your case manager
 - a pharmacist
 - a diabetes educator
 - an endocrinologist
 - any other provider helping you with diabetes

You and your family/friends are the most important members of your care team.