What is Diabetes?

Many people live with diabetes or know someone who is living with diabetes. Treatment looks different for each type of diabetes. With careful attention to a personalized medical plan – as well as keeping a healthy diet and lifestyle – people with diabetes can will live long, active, and healthy lives.

When we eat food, it is broken down into sugar (glucose) and enters the blood stream. When everything is working normally, the body senses sugar in the blood, and the pancreas releases the right amount of insulin. Insulin is a hormone that helps move sugar into your body’s cells to be used for energy.