

# **Diabetes**

## **What is it ?**

***This brochure provides a simple explanation of the disease process and some information about the two different types of diabetes, Type 1 and Type 2***

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Diabetes is a disorder in which the body cannot make proper use of carbohydrate in food. This happens if the pancreas does not make enough insulin, the insulin produced is ineffective, or a combination of both.

Insulin helps glucose (sugar), from the digestion of carbohydrate in food, move into the body's cells where it is used for energy. When insulin is not present or is ineffective, glucose builds up in the blood.

The two most common forms of diabetes are:

### **TYPE 1**

In Type 1 the pancreas produces no insulin, usually because the cells which make it have been destroyed by the immune system.

People with Type 1 diabetes therefore require insulin injections to control their blood glucose levels. It accounts for 15% of all people with diabetes.

This type of diabetes usually occurs in people under 30 years but can occur at any age.

### **TYPE 2**

In Type 2 diabetes, the body often produces enough insulin but it is ineffective. In some situations, less insulin may be produced over time so this may be insufficient insulin, which is also less effective. It accounts for 85% of people with diabetes.

Type 2 diabetes is managed by a healthy eating plan, regular exercise, weight reduction and sometimes medication.