



**Produced by:**

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# DIABETES



When we have diabetes, the amount of sugar in the blood is too high and there is not enough insulin in the body. Sometimes the pancreas is not working properly.

This makes us feel unwell. We may be:



**Thirsty**



**Needing to go to the toilet a lot.**



**Tired**



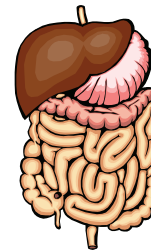
**Not seeing so well**

## WHAT IS DIABETES

Our bodies have many different parts that help us keep well and healthy.



We eat using our mouth



Our food goes into our stomach where we get energy from the food/drink



There is a part in the body called the pancreas



This helps the food we eat be more useful to our bodies.

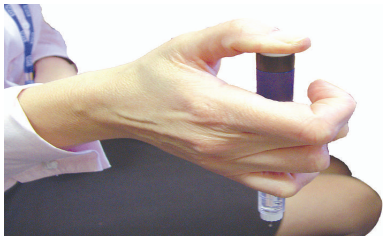


The pancreas also makes insulin that helps balance the sugar from our food in the body and blood.

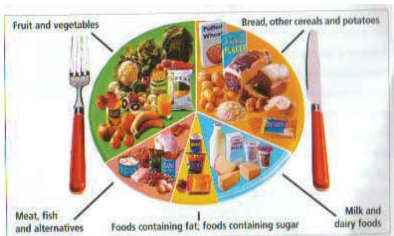
**THERE ARE TWO COMMON TYPES OF DIABETES**

**Type 1:**

Usually happens before you are 40 years of age.



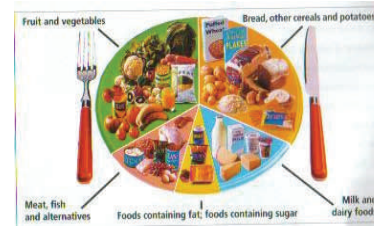
**It is treated by injections**



**And a healthy diet**

**Type 2:**

Usually happens after the age of 40



**A healthy diet**

And/or



**Tablets or injection**

**Diet and Medication**  
Eating a healthy, balanced diet can help with your Diabetes.  
Taking your tablets regularly, at the right time will help you too.