About Diabetes

Diabetes is a disease in which the body has trouble making or using the hormone insulin. Insulin is important because it helps turn sugar and other food into energy. Insulin problems cause sugars to build up too high in the blood. Diabetes can lead to heart attack, stroke and other blood vessel diseases.

There are two types of diabetes. Both affect adults and kids like you.

Type 1 diabetes: the body has trouble producing enough insulin. This is the most common kind of diabetes in kids.

Type 2 diabetes: the body has trouble using the insulin it makes. You can help prevent this by living a healthy lifestyle.

Diabetes Warning Signs:

- Always being thirsty
- Always being tired
- Going to the bathroom a lot
- Losing weight quickly

If you notice any diabetes warning signs, tell a parent, teacher or doctor.