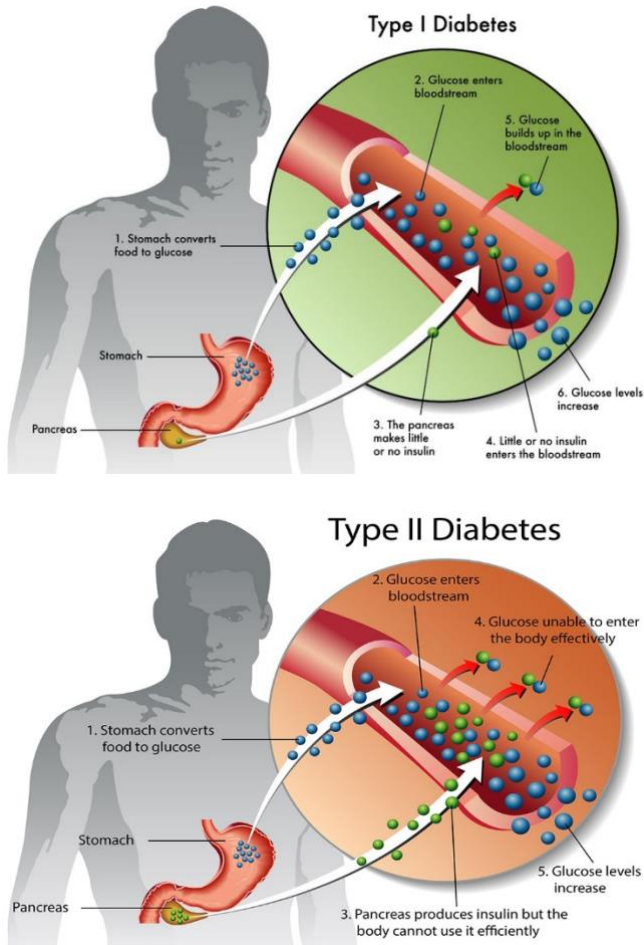


DIABETES



Diabetes is a health condition that affects how your body turns food into energy. Most of the food you eat is broken into sugar. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin lets the blood sugar into your body's cells for use as energy. (Wikipedia,2001)

There are three main types of diabetes, type 1, type 2 and gestational. Each of them comes with a risk factor. Diabetes type 1 stops your body from making insulin every day to survive. Type 2 diabetes does not use insulin well and can't keep blood sugar at normal levels. It develops over the years. Gestational diabetes develops in pregnancy. Usually women who have never had diabetes. The baby could have higher risk for health problems.

Treatment will vary depending on your own individual needs. If you have type 1 diabetes you will need insulin to treat your diabetes. If you have type 2 you might have to use insulin or tablets. Diet and exercise are also important.

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