

May: Do you know what diabetes is?

Do you know who gets it and how? Do you know how to manage diabetes once you do have it? Can you ever have too much information about diabetes? It's good to keep ourselves aware of current information on common disorders like diabetes. To start with, we will do a refresher on what diabetes is exactly.

Diabetes is a disorder of metabolism - the way our bodies use digested food for growth and energy. Most of the food we eat is broken down into glucose. Glucose is a form of sugar in the blood that provides energy to all your body's cells. You could say it's your body's favorite fuel.

After digestion, glucose passes into the bloodstream, where it is used by cells for growth and energy. For glucose to get into cells, insulin must be present. Insulin is a hormone produced by the pancreas, a large gland located behind the stomach.

When we eat, the pancreas automatically produces the right amount of insulin to move glucose from blood into our cells. In people with diabetes, however, the pancreas either produces little or no insulin, or the cells do not respond appropriately to the insulin that is produced. Glucose builds up in the blood, overflows into the urine, and passes out of the body. Thus, the body loses its main source of fuel even though the blood contains large amounts of glucose. (Reference - National Institute of Health)

The attached articles will help you in learning more about diabetes.

[Who Gets Diabetes?](#)

[Understanding Type 2 Diabetes](#)

[Manage Diabetes](#)

