

# DIABETES



**Diabetes is a disease** that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. **Insulin**, a **hormone** made by the **pancreas**, helps glucose from food get into your cells to be used for energy. Sometimes your body doesn't make enough—or any—insulin or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells.

Over time, having too much glucose in your blood can cause **health problems**. Although diabetes has no cure, you can take steps to **manage your diabetes** and stay healthy.

Sometimes people call diabetes “a touch of sugar” or “borderline diabetes.” These terms suggest that someone doesn't really have diabetes or has a less serious case, but every case of diabetes is serious.

## What health problems can people with diabetes develop?

Over time, high blood glucose leads to problems such as

- heart disease
- stroke
- kidney disease
- eye problems
- dental disease
- nerve damage
- foot problems

You can take steps to lower your chances of developing these **diabetes-related health problems**.

## Who is more likely to develop type 2 diabetes?

You are more likely to develop type 2 diabetes if

1. you are age 45 or older
2. have a family history of diabetes, or are overweight.
3. Physical inactivity, race, and certain health problems such as high blood pressure also affect your chance of developing type 2 diabetes.
4. You are also more likely to develop type 2 diabetes if you have **prediabetes** or had gestational diabetes when you were pregnant.

## 10 tips for healthy eating with diabetes

There are different types of diabetes, so there isn't a one-size fits all way of eating. But we've come up with tips that you can use to help you make healthier food choices.

They can help you manage your blood glucose (sugar), your weight and reduce the risk of diabetes complications.

If you have Type 1 diabetes, carb counting is really important to keep your blood glucose levels steady.

If you have Type 2 and you're overweight, finding a way to lose weight is important. It really improves diabetes management because it can help to lower your blood glucose and reduce your risk of other complications.



[www.diabetes.org.uk/10-eating-healthy-tips](http://www.diabetes.org.uk/10-eating-healthy-tips)

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