What is Diabetes?

Diabetes is a group of conditions in which blood sugar levels are unusually high. The body stops making enough insulin or the body cells have trouble using insulin. Therefore, the cells do not receive enough sugar for energy and the sugar builds up in the blood.

**Type 1**

Usually occurs in young people under age 30, but can occur at any age. The pancreas no longer makes insulin, so people with Type 1 diabetes must take insulin to live. Symptoms develop quickly. About 10 percent of people with diabetes have Type 1.

**Type 2**

The pancreas still makes insulin but the body has trouble using it and it can take years before you have symptoms and are diagnosed. Lifestyle changes such as modifying your diet, weight loss and regular exercise can help control your blood sugar levels.

Treatment includes pills to help lower blood sugar levels, and some people with Type 2 diabetes may require insulin. About 90 percent of those diagnosed with diabetes have Type 2.

**Type 1.5**

Referred to as LADA: Latent Autoimmune Diabetes of Adulthood. It is usually diagnosed in adults and often mistaken for Type 2 diabetes. Body weight is normal or low, and usually requires insulin to treat within several months or a few years after diagnosis. Following a healthy meal plan, maintaining a healthy body weight and regular exercise can help control your blood sugar levels.

**Gestational**

Pregnant women who have never had diabetes before but who have high blood glucose (sugar) levels during pregnancy. Gestational diabetes starts when your body is not able to make and use all the insulin it needs during pregnancy.