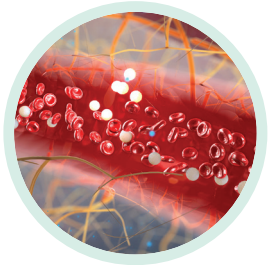
WHAT IS DIABETES?

Having diabetes means that you have too much glucose, a form of sugar, in your bloodstream. To understand diabetes, it's helpful to see how your body normally keeps glucose in a healthy range.

The food you eat changes into glucose inside your body.

This causes your blood glucose level to rise quickly



As your blood glucose level rises, your pancreas releases the hormone insulin.

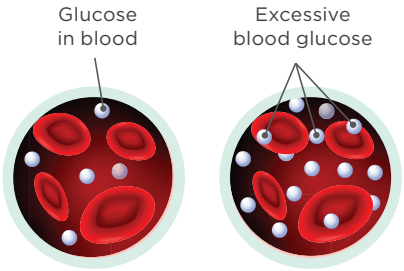
Insulin makes it possible for your cells to take in blood glucose. Your cells use the glucose immediately for energy or store the glucose in your cells for later use.

About four hours after eating your last meal, your blood glucose levels drop and you start to feel hungry and need to replenish your body with glucose to give your cells more energy.

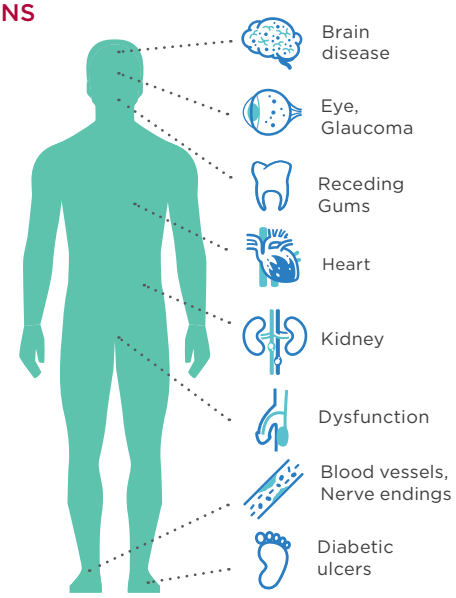
When you have diabetes, your body is not able to keep your glucose levels in a healthy range.

Too much glucose builds up in your bloodstream. This is called hyperglycemia, or high blood glucose.

WHEN BLOOD GLUCOSE LEVELS REMAIN HIGH, MANY SYMPTOMS AND/OR COMPLICATIONS MAY OCCUR.



COMPLICATIONS



SYMPTOMS OF HIGH BLOOD GLUCOSE INCLUDE:

- Blurry vision
- Frequent urination
- Feeling more tired than usual
- Increased thirst or hunger
- Cuts and infections that are slow to heal

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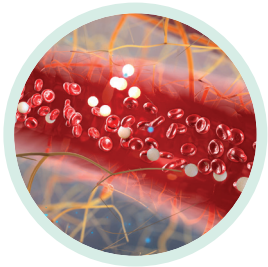
QUE ES LA DIABETES?

El tener diabetes quiere decir que tenemos demasiada glucosa, un tipo de azúcar, en la sangre. Para comprender la diabetes, ayuda ver como nuestros cuerpos normalmente mantienen los niveles de glucosa en la sangre.

La comida que comemos es cambiada a glucosa dentro del cuerpo.

Causa los niveles de glucosa a subir rápidamente



Mientras los niveles de glucosa suben, nuestro pancreas produce la hormona insulina.

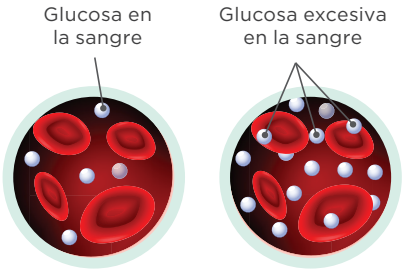
Insulina ayuda a nuestras celulas a absorber la glucosa de la sangre. Nuestras celulas usan esta glucosa inmediatamente para energia o es guardada para usar como energia despues.

Despues de cuatro horas de comer, los niveles de glucosa en la sangre bajan y es cuando empezamos a sentir hambre y necesitamos volver a comer para obtener mas glucosa que provee energia a nuestras celulas.

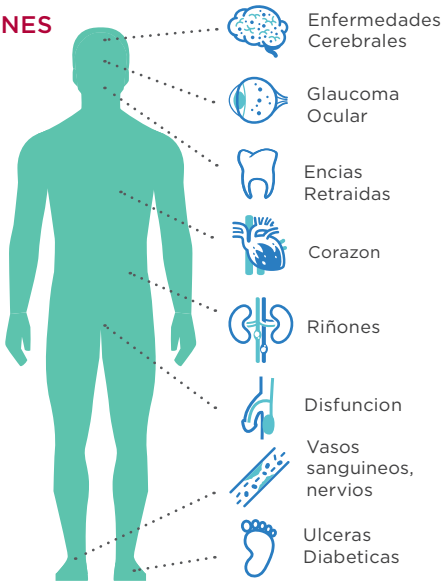
Cuando alguien tiene diabetes, el cuerpo no puede mantener niveles saludables de glucosa en la sangre.

Usualmente demasiada glucosa se concentra en la sangre. A esto se le llama hiperglucemia, o alta glucosa en la sangre.

CUANDO LOS NIVELES DE GLUCOSA EN LA SANGRE SIGUEN ELEVADOS, MUCHOS SÍNTOMAS O COMPLICACIONES PUEDEN RESULTAR.



COMPLICACIONES



SÍNTOMAS DE ALTA GLUCOSA EN LA SANGRE INCLUYEN:

- Visión borrosa
- Frecuentes viajes al baño
- Mas cansancio de lo normal
- Aumento de hambre o sed
- Cortadas o infecciones que duran para sanar

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