



DIABETES

What is Diabetes?

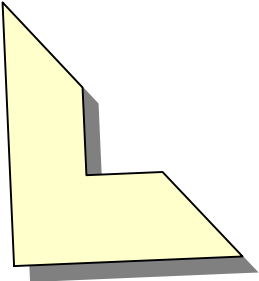
Diabetes is a disease that makes it hard for your body to make and use insulin the right way.

Insulin is a hormone that turns your food into energy needed every day.

Type 2 Diabetes is the most common form of diabetes. People who are overweight and don't exercise are at a higher risk of developing diabetes.

What can I do?

It is always important to work with your doctor. You can help by taking care of your body by:

- Exercising
 - Eating a well balanced diet
 - Not smoking
 - Reducing Alcohol
- 
- 