



# What is diabetes?

Diabetes is the name for a group of different conditions where there is too much glucose (sugar) in the blood. The pancreas either cannot make insulin or the insulin it does make is not enough and serious complications can occur.



## *What is Type 1 diabetes?*

Type 1 diabetes can occur at any age and it is usually diagnosed in children and young adults.

In type 1 diabetes, the pancreas cannot produce enough insulin because the cells that make the insulin have been destroyed by the body's immune system. People with type 1 diabetes must have insulin every day to live.

## *What is Type 2 diabetes?*

Type 2 diabetes is the most common form of diabetes. While adults are usually affected, more and more younger people, even children, are now developing type 2 diabetes.

Type 2 diabetes can often be prevented by healthy eating and regular exercise. If diagnosed, people with type 2 diabetes can help manage their condition by eating well, exercising and losing weight, if required. Although adding tablets and/or insulin is commonly required later on.



## *What is Gestational diabetes?*

Gestational diabetes occurs during pregnancy and usually resolves after the baby is born. Gestational diabetes occurs because hormones made by the placenta that help the baby grow and develop also block the action of the mother's insulin.