

## What should I do?

- ◆ Eat a healthy diet.



- ◆ Take plenty of physical activity.



- ◆ Don't smoke.



- ◆ Get a regular check up.



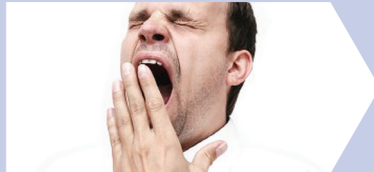
# What is Diabetes?

## Symptoms of Diabetes

- ◆ Increased thirst.



- ◆ Tiredness.



- ◆ Going often to the toilet.



- ◆ Weight loss.



## What is Diabetes?

- ◆ When you eat food, your body changes it into sugar which your body uses for energy.
- ◆ Your body makes insulin, this helps your body use the sugar.
- ◆ Diabetes is when you cannot use the sugar from your blood properly.

### There are 2 types of diabetes:

- ◆ **Type 1:** Your body does not make insulin.
- ◆ **Type 2:** Your body does not make enough insulin or your insulin doesn't work properly.



## Risk Factors

You are more likely to get **Type 1 diabetes** if a close family member has it.



With **Type 2 diabetes** there are lifestyle factors that make us more likely to get it, like:

### Eating too much fatty food

- ◆ this can stop insulin from working properly.



### Being overweight

- ◆ this can stop insulin from working properly.



### Not being physically active

- ◆ this can cause you to become overweight.

