

Diabetes is a disease in which your blood glucose, or blood sugar levels are too high. Glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. Type 1 diabetes your body does not make insulin. Type 2 diabetes the more common type, your body does not make or use insulin, the glucose stays in your blood. You can also have prediabetes. This means that your blood sugar is higher than normal but not high enough to be called diabetes. Having prediabetes puts you at a higher risk of getting type 2 diabetes.

Over time, having too much glucose in your blood can cause serious problems. It can damage your eyes, Kidneys, nerves. Diabetes can cause heart disease, stroke and even the need to remove a limb.

Thank you to all the clubs that donated to the Diabetes Fund.

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