

# UNDERSTANDING THE DIFFERENT TYPES OF DIABETES

When you have diabetes, your blood sugar levels stay above the normal range. This is because your body is either unable to make insulin or does not respond to insulin. Insulin is what helps your body regulate your blood sugar levels and allows your body to use sugar, or glucose, for energy. There are two main types of diabetes; type 1 and type 2. Sometimes diabetes can appear when a woman is pregnant. This is called gestational diabetes.

## TYPE 1 DIABETES

**Type 1 diabetes** is usually diagnosed in children and young adults. If you have this type of Diabetes, your body does not produce insulin. Your body needs insulin to take sugar, or glucose, from the bloodstream to your body's cells for energy. The most common way to treat type 1 diabetes is with insulin therapy.

## TYPE 2 DIABETES

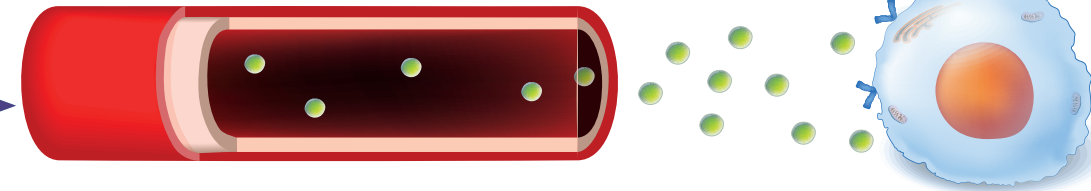
When you have **type 2 diabetes**, your body has a hard time turning sugar into energy because there is not enough insulin to move sugar into your cells. This causes sugar to build up in your blood, which puts you at a higher risk for complications.

## GESTATIONAL DIABETES

If you are pregnant and have never had diabetes before but have high blood sugar levels during pregnancy, you could have **gestational diabetes**. This type of diabetes starts when your body cannot make and use all of the insulin needed for pregnancy. When your body does not have enough insulin, glucose cannot leave the blood to be used for energy. This causes sugar to build up in the blood.

About 5 to 10 percent of all diabetic persons have type 1 diabetes.

### TYPE 1 DIABETES

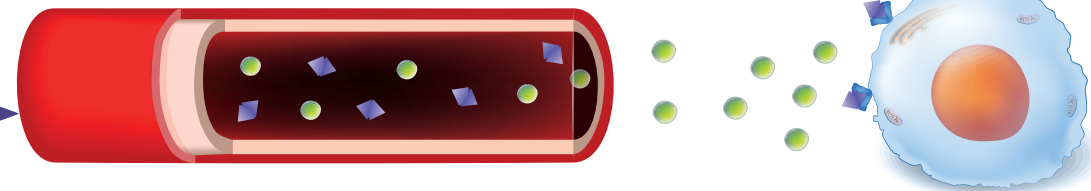


Glucose is sugar from food you eat

Insulin moves the sugar into your cell through Insulin receptors

This is the most common type of diabetes; around 90 percent of diabetics have type 2.

### TYPE 2 DIABETES



● GLUCOSE    ■ INSULIN    ✓ INSULIN RECEPTOR

MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

**ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-580-1689** (TTY: **711**).

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References:

- [www.diabetes.org/diabetes-basics/](http://www.diabetes.org/diabetes-basics/)
- <https://www.google.com/?referrer=http://www.diabetes.org/diabetes-basics/>
- [www.webmd.com/diabetes/understanding-diabetes-basics#1](http://www.webmd.com/diabetes/understanding-diabetes-basics#1)
- [www.diabetes.org/living-with-diabetes/treatment-and-care/medication/insulin/insulin-basics.html](http://www.diabetes.org/living-with-diabetes/treatment-and-care/medication/insulin/insulin-basics.html)