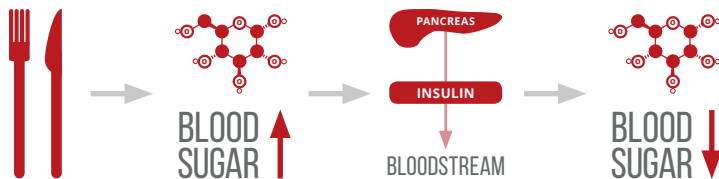


WORLD DIABETES DAY

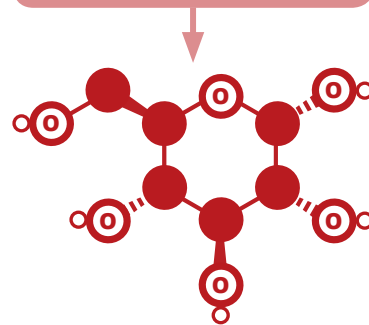
As of 2014, around 387 million people worldwide have diabetes. What is the cause of this disease, and what is the difference between the different types? Here, we take a brief look.

FOOD, BLOOD SUGAR, & INSULIN



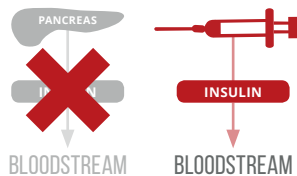
Eating food, particularly foods high in carbohydrates, increases blood glucose levels. The hormone, insulin, is secreted by the pancreas, and when released into the bloodstream allows cells to take in the glucose and use it to produce energy. Diabetes is a resistance to or lack of insulin.

GLUCOSE



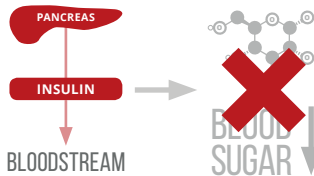
Hydrogen atoms on carbon implied - each carbon has four bonds

TYPE 1 DIABETES



The immune system attacks insulin-producing cells in the pancreas, until it cannot produce insulin, and it must be injected instead.

TYPE 2 DIABETES



The body becomes resistant to insulin's effects, and its production eventually decreases. Exercise and diet can help manage type 2.

GESTATIONAL DIABETES



High blood sugar levels can occur during 1 in 25 pregnancies. It usually disappears after childbirth, but can lead to type 2.

