## UNDERSTANDING DIABETES



## What is TYPE 2 DIABETES?

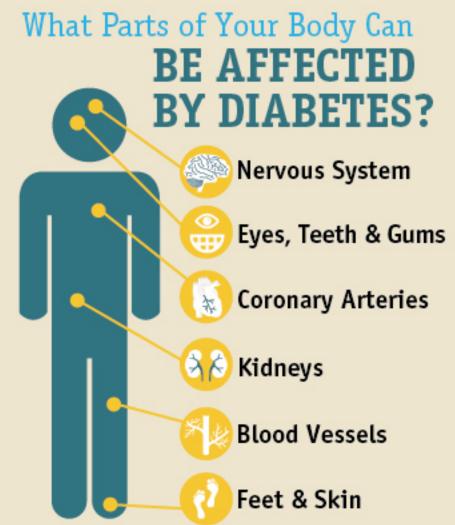
A condition that occurs when your body CAN'T PROPERLY PROCESS SUGAR INTO ENERGY.

The body fails to use insulin correctly, or

The pancreas fails to make enough insulin

Adults with diabetes have a 50% higher risk of with diabetes don't know they have it.





## Why is it DANGEROUS?

High blood sugar can:





Lead to stroke

Damage blood vessels throughout the body



ssels ody

Cause high

Raise cholesterol

■ If you would like to download or order additional posters on various topics, visit CardioSmart.org/Posters