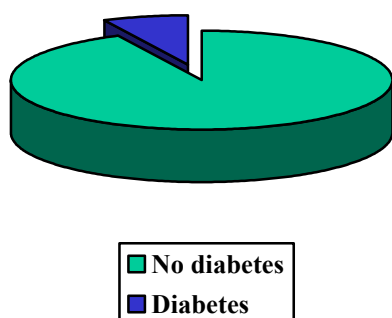


WHAT IS DIABETES?

- Diabetes is a condition where there is too much glucose (sugar) in the blood. Glucose is normally regulated at a level of between 3.5-8mmol/l.
- Glucose comes from foods that contain carbohydrate (starch or sugar) and travels to the muscles and brain where it is used as fuel.
- The blood glucose level is regulated with the help of insulin, which is made in the pancreas. Insulin is the key that glucose needs to enter the muscle cells so that it can be used as fuel.
- Glucose does not need insulin to help it enter the brain.

Q How many people in Australia have diabetes?

Australian Adults who have diabetes








A Approximately 7.2% of the Australian population has diabetes and the prevalence is increasing. Research has shown that for every person with diabetes, there is another who has it but has not yet been diagnosed.

Q Are there different types of diabetes?

A Yes, there are 3 main types of diabetes – Type 1, Type 2 and Gestational Diabetes. In addition, there is a related condition known as impaired glucose tolerance.

What is Diabetes?

-  **Diabetes occurs when the body is unable to keep the blood glucose level within the normal range of 3.5 – 8 mmol/l.**
-  **Foods containing starch or sugar provide the brain and muscles with much needed fuel in the form of glucose.**
-  **Glucose has free entry to the brain, but can only enter the muscles with the help of insulin.**
-  **Any excess glucose is detoured to the liver where it is stored for future use.**
-  **There are 3 main types of diabetes: Type 1, Type 2 and Gestational Diabetes.**