



Fight  
against  
diabetes



# Diabetes

**Almost 3.7 million people have been diagnosed with Diabetes in the UK and 12.3 million people are at risk of developing type 2 diabetes, according to Diabetes UK (annual diabetes prevalence figures 2017).**

## What is diabetes?

Diabetes is a serious lifelong condition that occurs when the body cannot produce enough insulin or use available insulin properly. Glucose remains in the blood, which can ultimately lead to nerve, organ and blood vessel damage.

There are three types of diabetes:

**Type 1 Diabetes** occurs when the immune system destroys insulin-producing cells and the body cannot produce insulin. It usually develops in children and teens but can happen at any age. The causes for Type 1 diabetes are still unknown. This type of diabetes requires treatment and care to be managed.

**Type 2 Diabetes** occurs when insulin is produced but not properly absorbed by the body. It is on the rise in most countries. There are different ways of treating Type 2 diabetes. Some people can manage it by healthier eating, being more active and losing weight and others will require medication to bring their blood glucose down to a safe level.

**Gestational Diabetes** affects 5% of pregnant women in the UK. If not properly managed, women are at an increased risk of complications during delivery. Babies may be born with a high birthweight, breathing difficulties, or low blood sugar, and are at risk of developing type 2 diabetes in the future as well as their mothers.

For more information, help and support please contact the following organisations:

**[www.diabetes.org.uk](http://www.diabetes.org.uk) <https://jdrf.org.uk> [www.iddt.org](http://www.iddt.org) [www.drwf.org.uk](http://www.drwf.org.uk)**



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