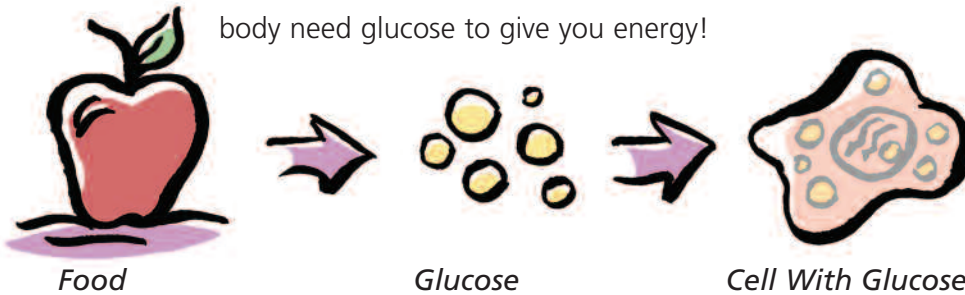


What is Diabetes?

Diabetes is an illness that causes sugar levels in your blood to be high. Another word for blood sugar is glucose. Most of what you eat is changed into glucose during digestion. All the cells in your body need glucose to give you energy!



Your body makes a hormone called insulin. Insulin works to keep your blood glucose in the normal range by helping it move from your blood into your cells.

When you have diabetes,

- your body does not make insulin, or
- it does not make enough insulin, or
- the insulin your body makes does not work right

Type 1 and type 2 diabetes

The most common types of diabetes are type 1 and type 2. In type 1 diabetes, the body does not make insulin. Insulin must be taken by injection. Type 1 diabetes occurs more often in children and young adults.



Most people (about 9 out of 10) with diabetes have type 2 diabetes. Many are adults over the age of 40 years; but the number of children and young adults with type 2 diabetes is rising.

Three important ways you can help manage your diabetes are by balancing:

- the food you eat
- how active you are
- and, for many people, by taking medicine

Managing blood glucose is important

Over time, high blood glucose levels can lead to serious health problems with your:

- eyes
- heart
- feet
- kidneys and nerves



Blood Glucose Goals (Plasma Values)*

Time	For People With Diabetes	Your Goal
Before Meals	Less than 110 mg/dL	
2 Hours After Meals (postprandial)	Less than 140 mg/dL	
A1C	6.5% or less	

Values for whole blood glucose meter readings are about 10% lower.

Please refer to the instruction manual for your glucose meter to determine whether it reports the results as plasma or whole blood glucose.

* Adapted from the American College of Endocrinology (ACE). Consensus Statement on Guidelines for Glycemic Control. Endocrine Practice. 2002;8 (Suppl 1):S5-S11.

Check your blood glucose

You can check your own blood glucose with a meter. Your doctor or diabetes educator will show you how to check your blood glucose. Checking your blood glucose often is one of the best ways to make sure your diabetes-care plan is working. The table on this page lists the blood glucose goals recommended for people with diabetes. You and your diabetes-care team will work together to determine your personal blood glucose goals. Write them in the table and save them.

Manage your diabetes every day

There is no cure for diabetes, but you can manage it by taking good care of yourself. Your diabetes-care team will help you develop a diabetes-care plan that is right for you.

If you have any questions, be sure to talk to your healthcare provider.



For more information, call the Novo Nordisk Tip Line at 1-800-260-3730 or visit us online at ChangingDiabetes-us.com.

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