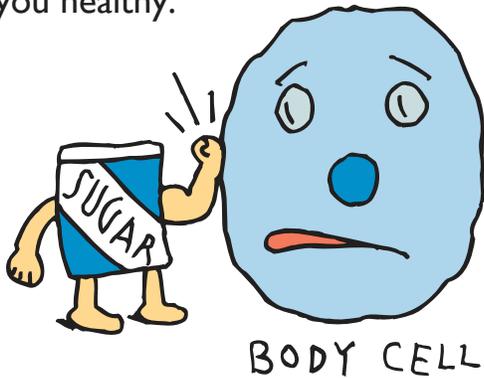


# TYPE I DIABETES

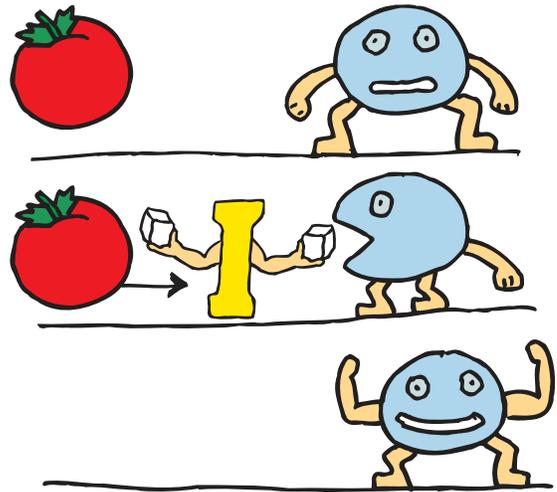
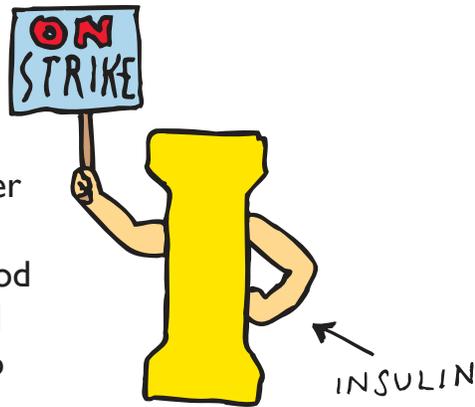
In type I diabetes, your body no longer makes insulin. Insulin helps sugar from the food you eat move from your blood into your body's cells. Your cells need this sugar to give you energy and keep you healthy.



If your cells can't get the sugar they need for energy, your blood sugar levels become high. Diabetes is the medical word for people with a "high blood sugar" problem.

People with type I diabetes must take insulin.

Most people with type I diabetes are children or young adults, but you can get it at any age.



Diabetes is a serious problem, but it can be controlled. People with type I diabetes can lead full and happy lives.

