

An Introduction to Diabetes

More than 3 million Canadians have Diabetes

Diabetes is a condition in which your body cannot properly use and store food for energy. The fuel that your body needs is called glucose, a form of sugar. Glucose comes from foods such as fruit, milk, grains, starchy foods and sugar.

To control your blood glucose you will need to eat healthy foods, be active and you may need to take pills and/or insulin.

There are two main types of diabetes:

Type 1 Diabetes: more commonly diagnosed in children and adolescents, occurs when the body is unable to produce insulin. Insulin is a hormone that controls the amount of glucose in the blood. Approximately 10 per cent of people with diabetes have type 1 diabetes.

Type 2 Diabetes: occurs when the body does not produce enough insulin or when the body does not effectively use the insulin that is produced. This is the most common form of diabetes.

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MAHC Diabetes Centers



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