



## Spotlight on diabetes

### Description

Diabetes is a chronic condition that affects how your body turns food into energy. There are two main types of diabetes: Type 1 and Type 2. While both types involve issues with insulin, they have different causes and management strategies.

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# Type 1 vs Type 2



1. An autoimmune condition where the body attacks insulin producing cells in the pancreas.
2. The body becomes resistant to insulin or the pancreas doesn't produce enough insulin.

## Common warning signs

- Frequent urination
- Excessive thirst
- Extreme hunger

## Category

1. Our Wellness

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