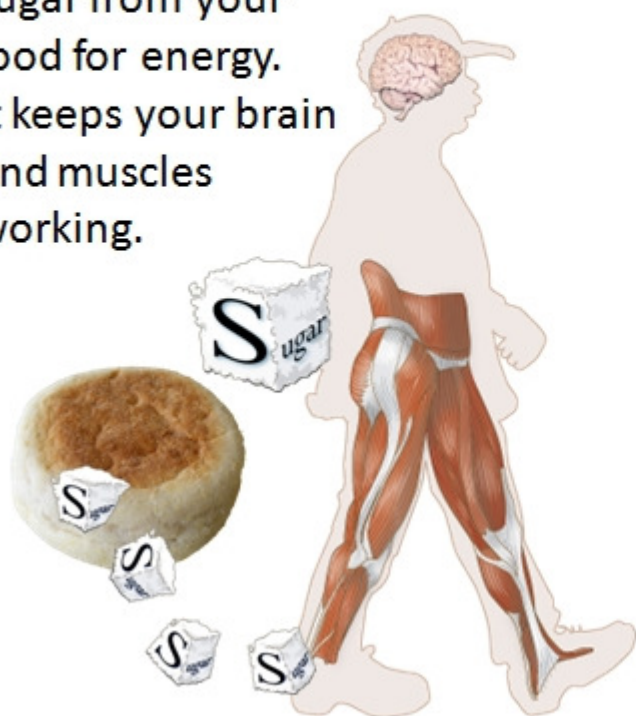
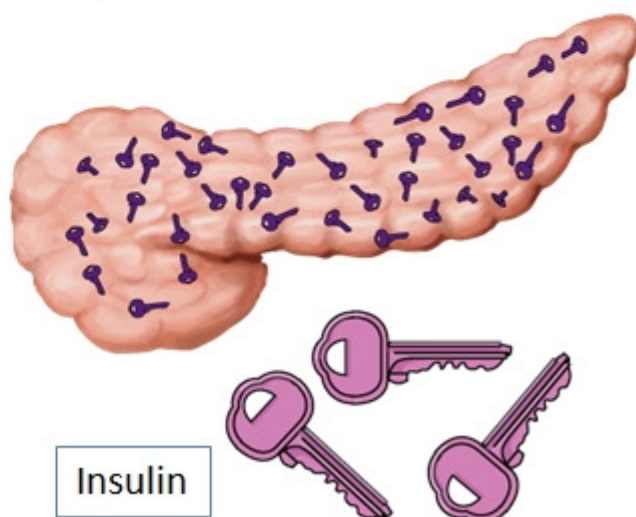


## What is diabetes?

- 1** Your body uses the sugar from your food for energy. It keeps your brain and muscles working.

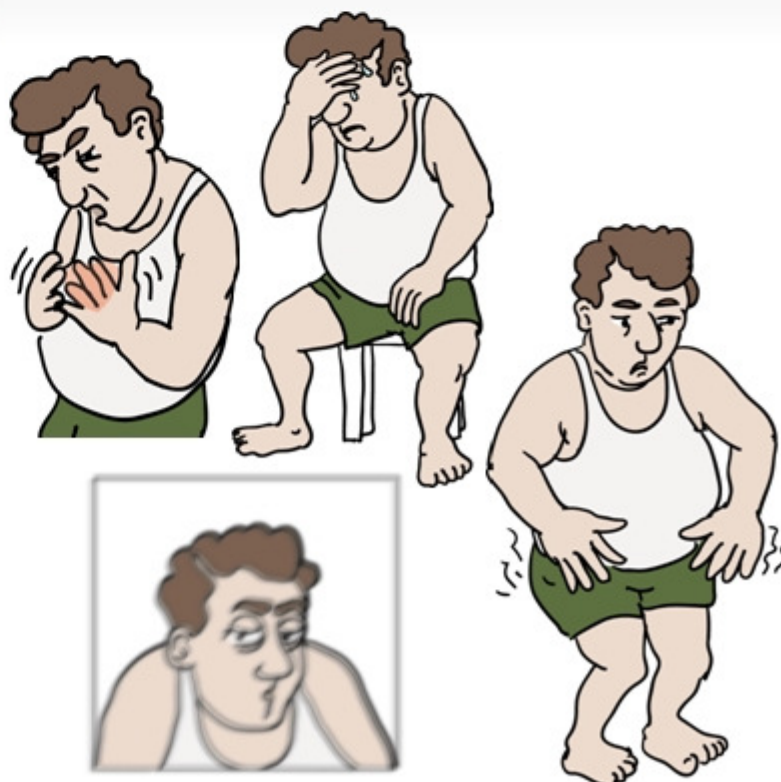
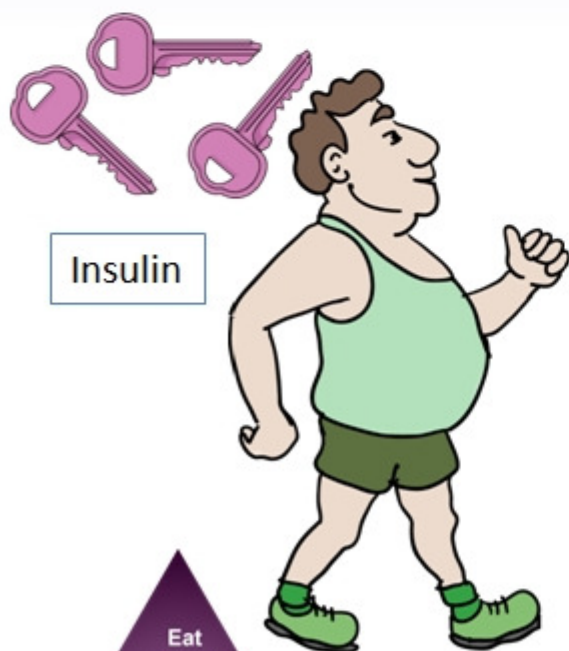


- 2** Your body makes insulin which controls the sugar, so you always have the right amount of sugar in your blood.



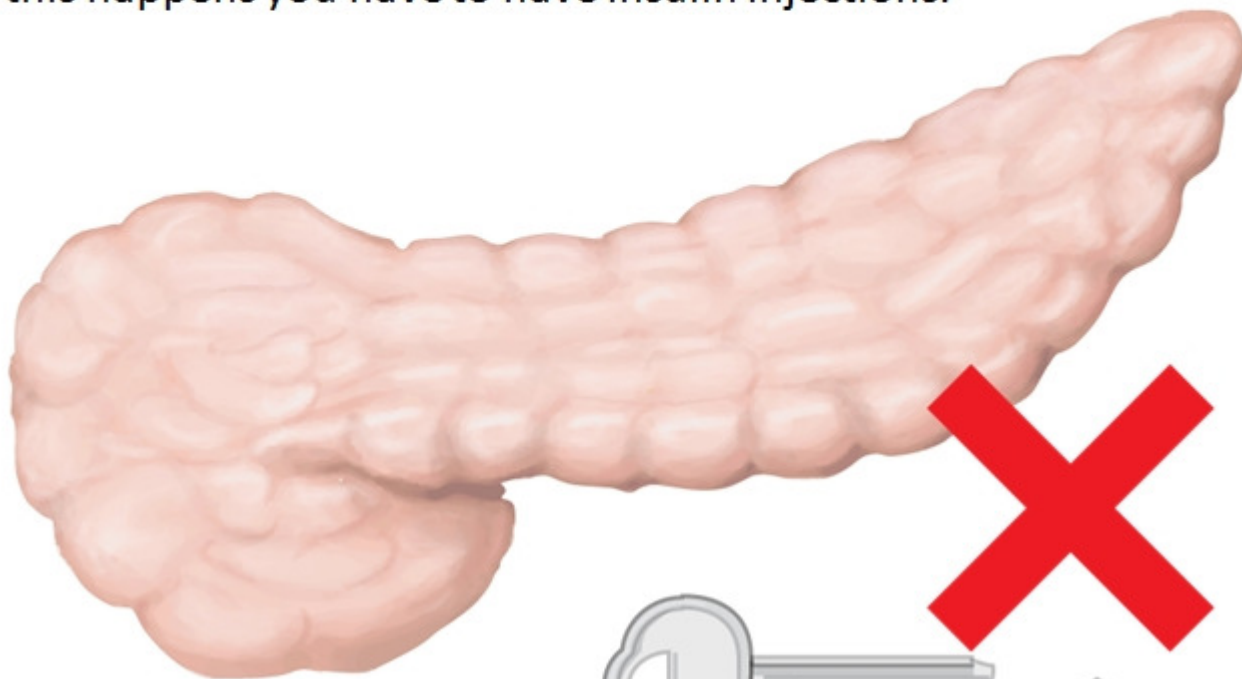
- 3** If your body makes the right amount of insulin your body works properly...

... but if it makes **too much** or **too little insulin** things can go wrong.

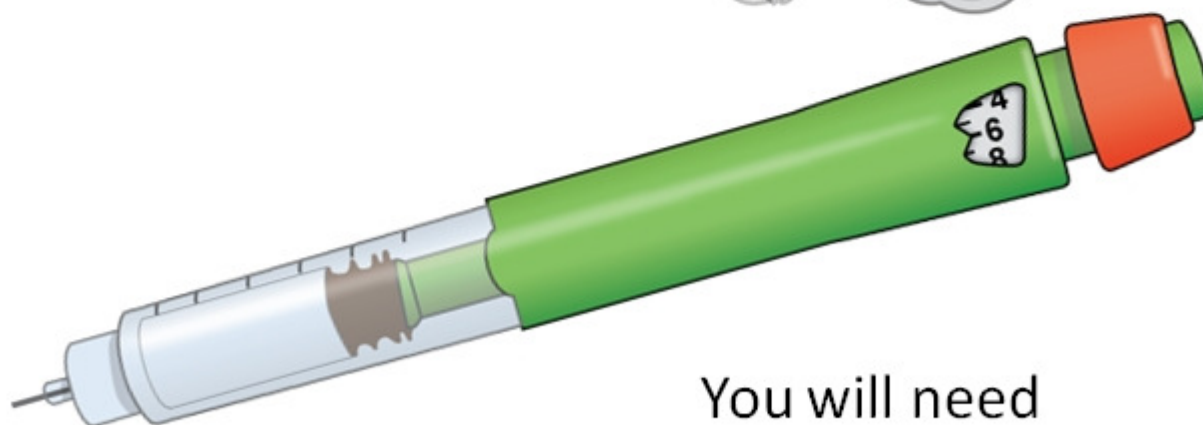


There are different types of diabetes

**Type 1 diabetes** is when your body stops making insulin. When this happens you have to have insulin injections.



**No insulin**



You will need  
insulin injections



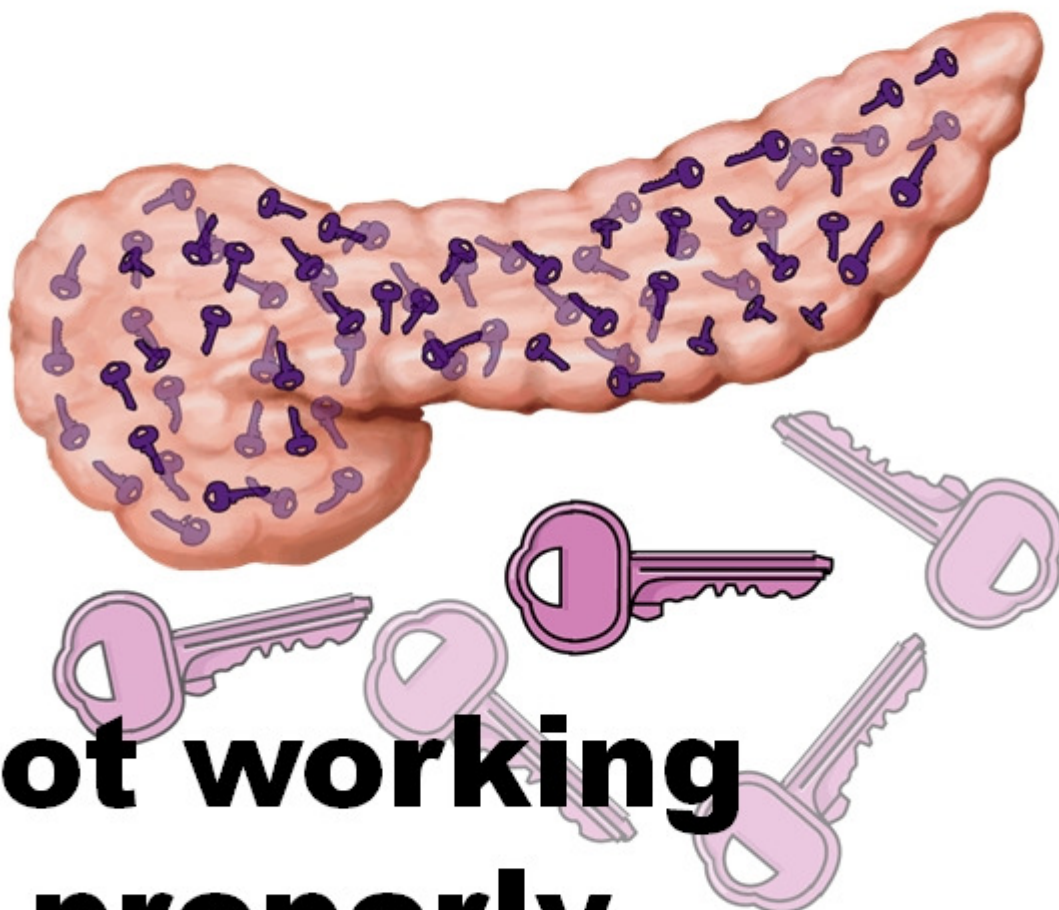


There are different types of diabetes

**Pre-diabetes** is before you get Type 2 diabetes.

Your body is probably making a lot of insulin but it is not working properly

When you have pre-diabetes you may be offered diabetes tablets.



**Not working properly**

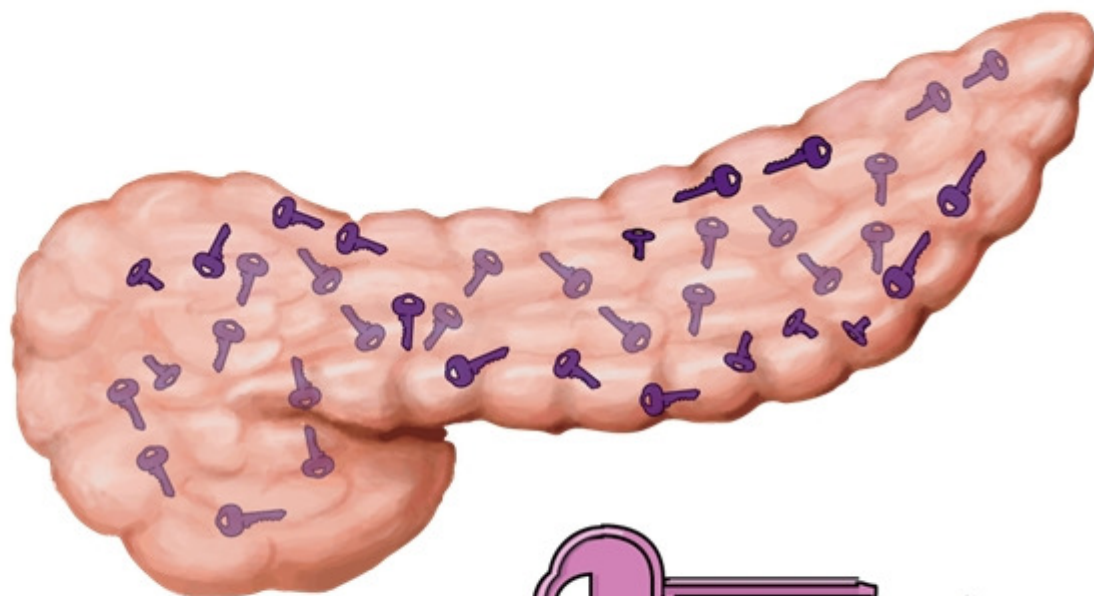
You may be offered tablets



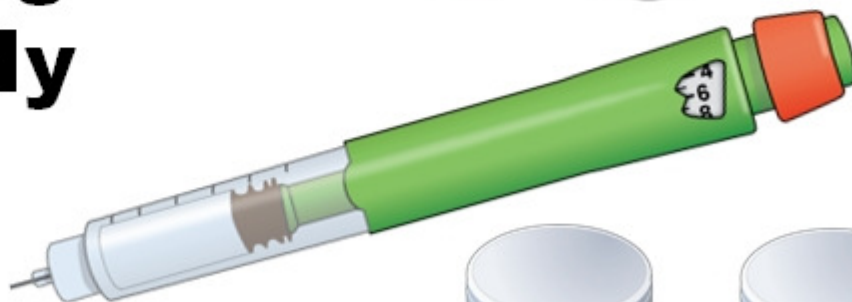
There are different types of diabetes

**Type 2 diabetes** is when your body doesn't make the right amount of insulin and the insulin does not work properly.

When this happens you usually need diabetes tablets and sometimes injections



**Not enough  
insulin & not  
working  
properly**



You will need tablets  
and sometimes  
injections

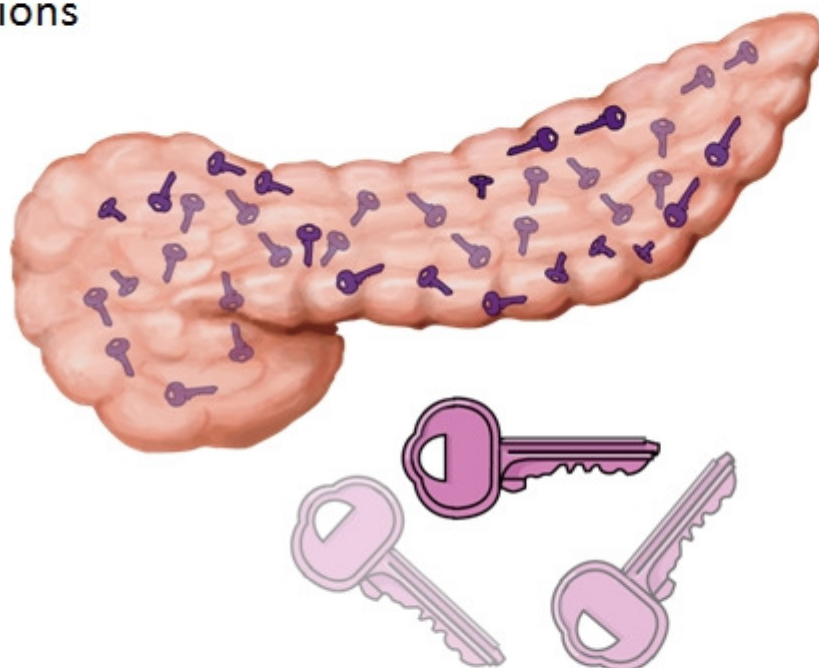




There are different types of diabetes

**Gestational diabetes** is when you are a pregnant mum and you don't make the right amount of insulin or the insulin isn't working properly.

When this happens you usually need diabetes tablets and sometimes injections



**Not enough insulin or the insulin is not working properly while you are pregnant**

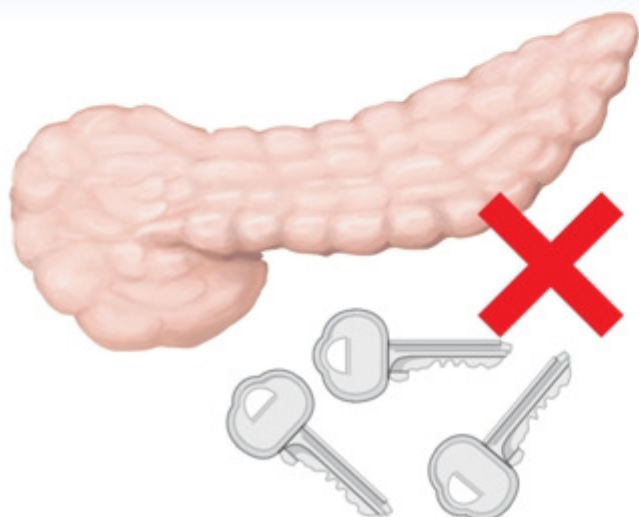
You will need tablets and sometimes injections



Diabetes is caused when your body doesn't make the right amount of insulin.

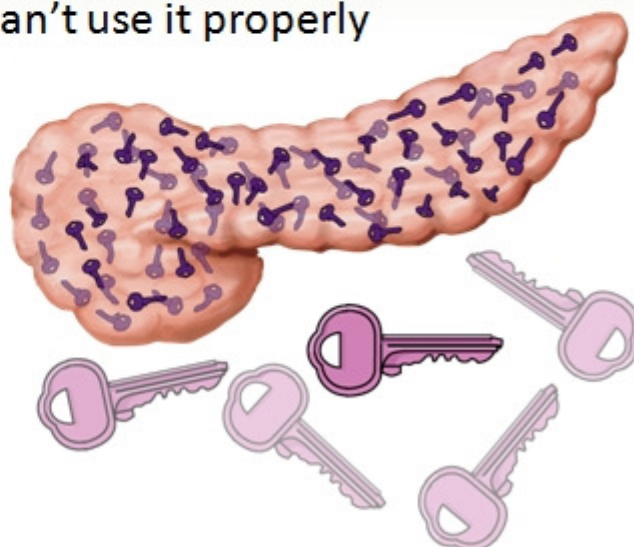
### Type 1 diabetes

You don't have any insulin



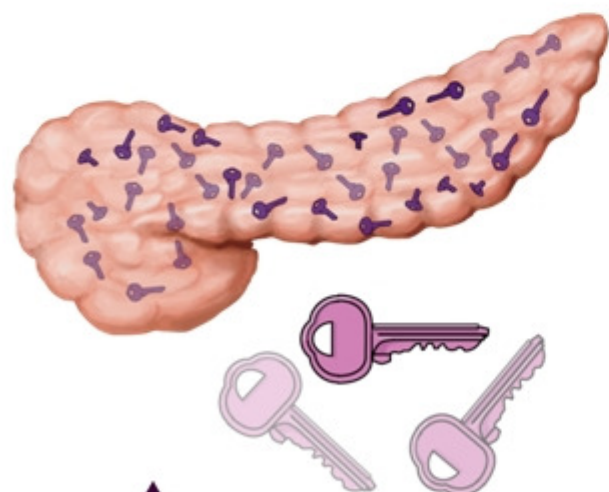
### Pre diabetes

You have a lot of insulin but you can't use it properly



### Type 2 diabetes

You don't have enough insulin and it doesn't work properly



### Gestational diabetes

You're a pregnant mum. You don't have enough insulin or the insulin doesn't work properly



There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### **Purpose of resource:**

To describe the difference between the different types of diabetes.

Key health competencies:

Related resources

### **Notes:**

The resource can be printed A3 or A4 size and then laminated.

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