Understanding Type 2 Diabetes

The liver and blood sugar

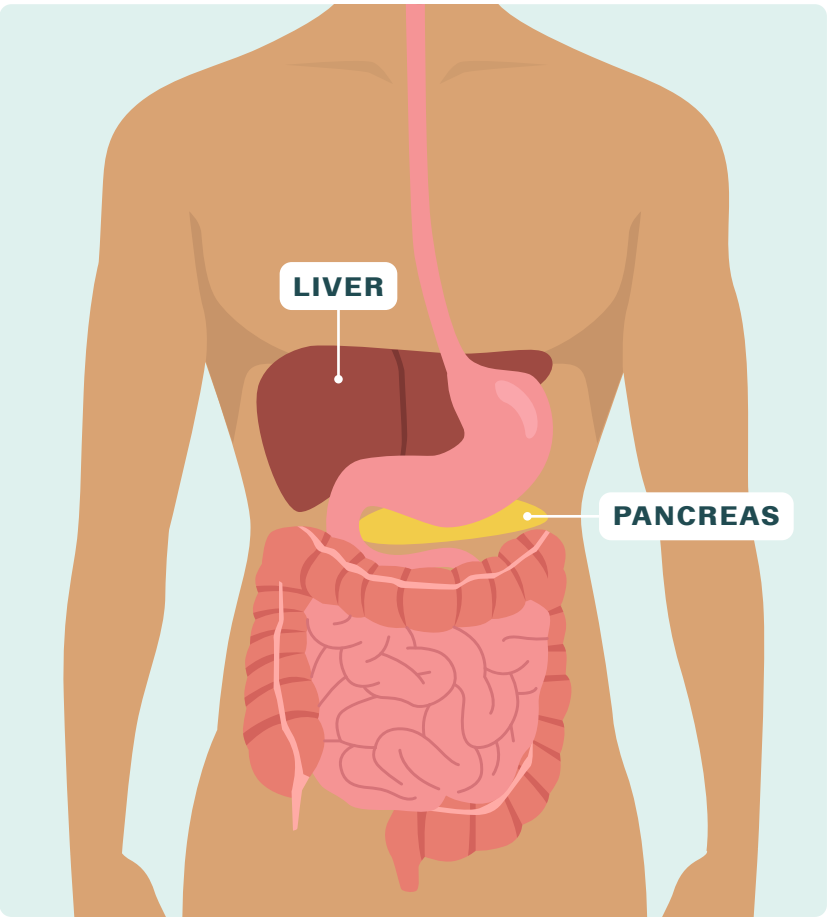
Your liver stores some of the sugar (glucose) from the food you eat. It releases this sugar when your body needs energy, such as when you go a long time without eating.

With Type 2 diabetes, the liver releases too much sugar into the blood. This makes your blood sugar higher than normal.

The pancreas and insulin

The pancreas makes a hormone called insulin. Insulin helps your body use sugar for energy. Without insulin, your blood sugar gets too high.

With Type 2 diabetes, the pancreas works too hard. Over time, it cannot make enough insulin. This causes blood sugar to rise.



Insulin resistance

Insulin resistance happens when your body's cells do not respond well to insulin. Sugar cannot move easily from your blood into the cells, so your blood sugar increases.

Because of insulin resistance, the pancreas works harder to make more insulin. Over time, it becomes tired.

Two (2) common causes of insulin resistance are:

1. Extra body fat, especially around your belly.
2. Not getting enough physical activity.