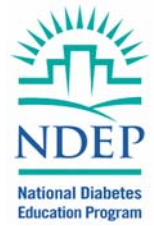


Medicines for People With Diabetes



Do I need to take diabetes medicine?

What if I have type 1 diabetes?

Type 1 is the type of diabetes that people most often get before 30 years of age. All people with type 1 diabetes need to take insulin (*IN-suh-lin*) because their bodies do not make enough of it. Insulin helps turn food into energy for the body to work.

What if I have type 2 diabetes?

Type 2 is the type of diabetes most people get as adults after the age of 40. But you can also get this kind of diabetes at a younger age.

Healthy eating, exercise, and losing weight may help you lower your blood glucose (also called blood sugar) when you find out you have type 2 diabetes. If these treatments do not work, you may need one or more types of diabetes pills to lower your blood glucose. After a few more years, you may need to take insulin shots because your body is not making enough insulin.



Healthy eating may help you lower your blood glucose.

You, your doctor, and your diabetes teacher should always find the best diabetes plan for you.

Why do I need medicines for type 1 diabetes?

Most people make insulin in their pancreas. **If you have type 1 diabetes**, your body does not make insulin. Insulin helps glucose from the foods you eat get to all parts of your

