

# Diabetes An Everyday Guide

May 2, 2025 · While there isn't a cure for diabetes, healthy lifestyle habits, taking medicine as needed, getting diabetes self-management education, and partnering with your health care providers can help ... Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant). If you have type 1 or type 2 diabetes these benefits can help you take care of yourself and save money. Programs include free and low-cost care, along with a personal health coach and a diabetes educator. Feb 3, 2025 · Diabetes is a chronic health condition in which your blood glucose levels are too high. There is no cure, but diet, exercise, medications, and weight control can help. Understanding your risk and taking early action are key steps for diabetes prevention. Explore expert-backed tools and programs to help you lower your risk for type 2 diabetes. Aug 5, 2025 · Find out everything you need to know about diabetes here, including types, symptoms, causes, and risk factors. Feb 17, 2023 · What is diabetes? Diabetes is a condition that happens when your blood sugar (glucose) is too high. It develops when your pancreas doesn't make enough insulin or any at all, or when your body ... Diabetes occurs when your blood glucose is too high, which can lead to health problems. The main types of diabetes are type 1, type 2, and gestational. There are three types of diabetes: type 1, type 2 and gestational. Type 2 is the most common, and cases of both type 1 and type 2 are on the rise. Diabetes is diagnosed with one or more blood tests. Diabetes ... Jan 21, 2026 · Diabetes mellitus refers to a group of diseases that affect how the body uses blood sugar (glucose). Glucose is an important source of energy for the cells that make up the muscles and tissues. ...

## Diabetes - Symptoms and causes - Mayo Clinic

*Diabetes: Symptoms, Causes, Treatment, Prevention, and More*

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[Diabetes: What It Is, Causes, Symptoms, Treatment & Types](#)

[What Is Diabetes? - NIDDK](#)

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