

THERE'S MORE THAN ONE TYPE OF DIABETES!

Type 1 and Type 2

Any can get diagnosed with either, at any age



5-10% of people with diabetes

Cannot produce insulin

Experience episodes of low blood sugar levels

Cause is tied to autoimmune, genetic, and environmental factors

Cannot be managed by diet and exercise alone



90-95% of people with diabetes are

Insulin-resistant

Do not experience episodes of low blood sugar levels,

Unless a person is taking insulin or diabetes medications

Cause is tied to metabolism and genetic susceptibility,

But can be prevented or delayed through diet and exercise