

Diabetes is a common life-long health condition. Many people have it and don't know. It occurs when the amount of sugar (glucose) in your blood is too high.

Blood sugar is normally regulated by insulin, a chemical produced by your pancreas. Insulin is a hormone and it allows glucose to enter your body cells where it can then be used as fuel and provide you with energy. In diabetes either your pancreas doesn't produce enough insulin or the insulin produced doesn't work properly (insulin resistance).

The glucose in our body arrives after eating carbohydrates or is produced by your liver. In diabetes the body isn't able to use all the glucose produced properly and it builds up in your blood - raising your blood sugar level. This is why diabetics have to monitor their blood sugar carefully. Most people are able to live life with relatively few adjustments to their condition once it is brought under control.

[Drugs used in diabetes](#)