

# What is diabetes?

**Diabetes** is a chronic disease that occurs when the **pancreas** is no longer able to make **insulin**, or when the body cannot make good use of the insulin it produces.

**Insulin** is a hormone made by the pancreas, which acts like a key to let glucose from the food we eat pass from the blood stream into the cells in the body to produce energy. All carbohydrate foods are broken down into glucose in the blood. Insulin helps glucose get into the cells.

Not being able to produce insulin or use it effectively leads to raised glucose levels in the blood (known as **hyperglycemia**). Over the long-term high glucose levels are associated with damage to the body and failure of various organs and tissues.

Please take a moment to watch the video link provided below:

<https://www.youtube.com/watch?v=ObpeolfZMPs&feature=youtu.be>