



WHAT IS DIABETES?

Diabetes is a chronic disease that occurs when the body is unable to produce enough insulin or to use insulin in an effective manner. Insulin is a hormone secreted by the pancreas that converts sugars and starches into energy. When an imbalance occurs, it can cause an insulin reaction or diabetic coma if there is too much or too little insulin or sugar present.

By understanding the disease and knowing how to keep it under control, people with diabetes can live a healthy life.

But such success requires effort. That's why McLaren Greater Lansing's diabetes educators offer a Diabetes Self-Management Education Program which provides instruction, guidance, and ongoing assistance through a series of classes on living with diabetes.



LIVING WITH DIABETES



DOING WHAT'S BEST.

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