

The American Diabetes Association celebrates American Diabetes Month and we are right there to raise awareness about this disease.

Nearly 23.6 million Americans (8% of the US population) has diabetes and another 57 million (about 15%) have pre-diabetes. Diabetes is a disease that prevents the body from producing or using insulin, which helps convert sugars and starches into energy.

There are three major types of diabetes:

- \* Type I - where the body does not produce insulin
- \* Type II - where the body cannot process insulin
- \* Pre-Diabetes - where the body has high levels of blood glucose

This month we'll feature news and information to help you better understand the disease, how to manage it, and how to prevent it.