This week’s takeaways

- Diabetes is an illness where patients have high glucose levels due to insulin resistance or lack of insulin production.
- There are three types of diabetes, Type I, Type II, and gestational.
- Smoking, elevated weight status, poor diet, reduced exercise, and increased alcohol consumption can increase your risk of developing type II diabetes.

What does it mean to have diabetes?

- **No Insulin Secretion (Type 1 Diabetes)**
  - The pancreas does not produce insulin

- **Insulin Resistance (Type 2 Diabetes)**
  - The cells don’t respond to the insulin produced
  - The pancreas produces more insulin to compensate. Overtime, the pancreas gets exhausted and damaged and cannot produce enough insulin

- **High blood glucose levels**
  - Cells are not fueled