**DIABETES CARE IN THE ADULT FAMILY HOME**

**What Goes Wrong When You Have Diabetes**

1. **Your pancreas makes insulin and secretes it into your bloodstream. Insulin helps sugar get out of the bloodstream, across the cell membrane and into your body cells so the sugar can be used as fuel for body functions.**
2. **In diabetes your pancreas does not make enough insulin and your cells become insulin-resistant. The sugar is stuck in the bloodstream and cannot get across the cell membrane and into the cells.**
3. **Your cells are sending desperate messages to your brain that you need sugar, so the sugar craving is strong, but the sugar is in the wrong place in your body: your blood.**
4. **Your body tries everything to get the sugar out of the bloodstream, including converting sugar that you eat into fat. The fat is stored in the lining of blood vessels, as well as other locations in the body.**
5. **The blood vessels eventually block and the tissues they supply stop working.**
6. **The smallest vessels are blocked first, including those in the eyes, heart, brain, hands and feet.**

**Oral medications help the pancreas keep putting out insulin and sensitize the cell membrane to insulin, so the insulin can help get across the cell membrane into the cells and out of the bloodstream. When oral medications are not enough, diabetics inject insulin to replace what their pancreases can no longer produce.**