



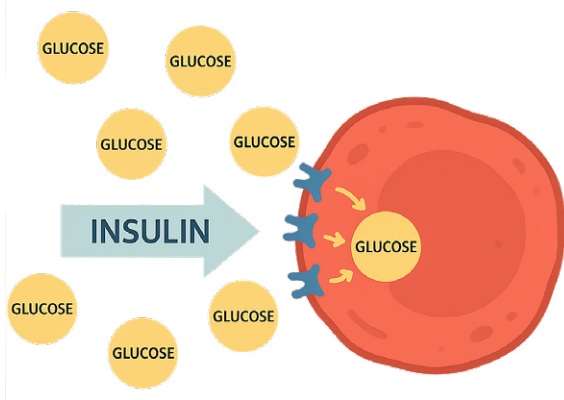
# Goals of Diabetes



## Diabetes Knowledge

My name's Emily. I am living with type 1 diabetes and I enjoy CrossFit and playing the saxophone.

Type 1 diabetes is an autoimmune disease where your own body attacks your pancreas and you no longer produce insulin like other people do.



Insulin helps glucose move from the bloodstream into the cells. It helps with growth and muscle strength.

## Pancreas

The pancreas is a vital organ, it is located in the upper abdomen behind the stomach.

It makes hormones like insulin and glucagon to regulate blood glucose levels. Glucose is stored in the liver and the muscles.

