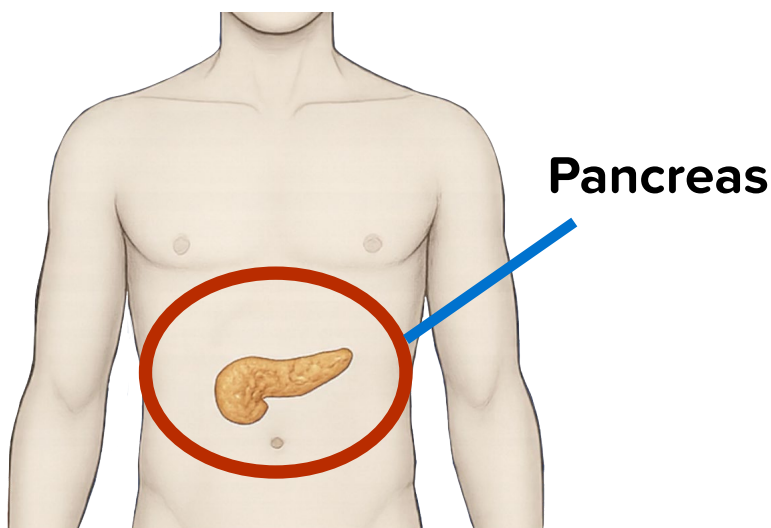


## Diabetes Knowledge

**My name is Mohammad, I've got type 1 diabetes and I love playing chess.**

**Type 1 diabetes is an autoimmune condition where the body's immune system destroys the insulin producing cells in the pancreas.**

**The pancreas is a vital organ with dual roles, producing digestive enzymes to help break down food, and it makes hormones like insulin and glucagon to regulate blood glucose levels.**



**It's located in the upper abdomen behind the stomach. It takes about twenty four hours for your food to fully digest.**