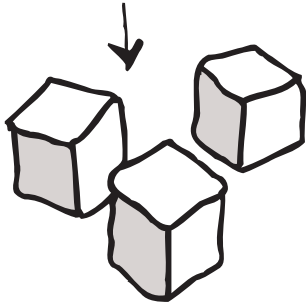


# WHY DO I NEED INSULIN?

SUGAR FROM FOOD

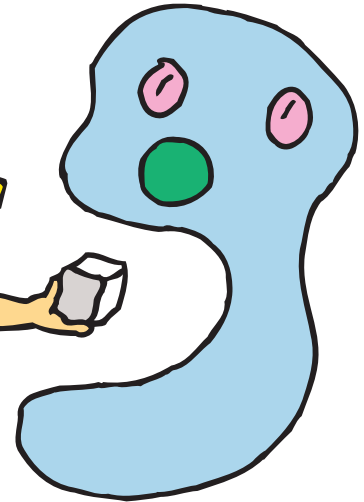


Insulin helps your body's cells get the sugar they need from food. Your cells need sugar to give you energy.

INSULIN



CELL

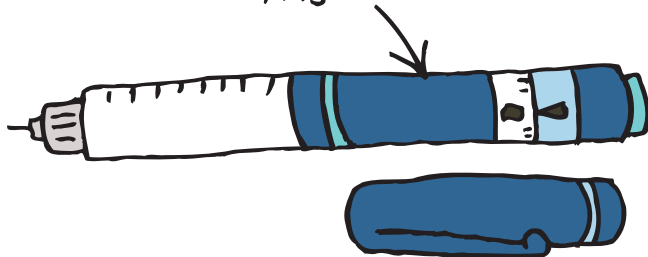


When you have diabetes, your body doesn't make insulin or the insulin you do make doesn't work right.

You can get the insulin you need by injecting it with an insulin pen, a syringe, or insulin pump.



INSULIN PEN



Taking insulin will:

- help to control your sugar levels
- give you energy
- help you stay healthy

Low blood sugar can be a problem if you take insulin. Be sure you know how to treat low blood sugar before you take insulin.

Provided as an educational service on [www.learningaboutdiabetes.org](http://www.learningaboutdiabetes.org).  
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