What are type 1 diabetes and type 2 diabetes?

Type 1 diabetes is an autoimmune disease where the body's immune system attacks and destroys the insulin-producing cells in the pancreas. Insulin, a hormone produced by these cells, helps regulate blood sugar levels.

Type 2 diabetes is a chronic condition in which the body becomes resistant to insulin or does not produce enough insulin to maintain normal blood sugar levels. Type 2 diabetes can be managed through lifestyle changes and medication.

If you have diabetes, it's important to work closely with your healthcare provider to manage your condition and prevent complications. The Canadian Diabetes Association offers resources and support to help you navigate diabetes management.

For more information, visit www.diabetes.ca.
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<table>
<thead>
<tr>
<th>Insulin</th>
<th>Glargine (30/70, 40/60, 50/50)</th>
<th>Detemir (30/70, 40/60, 50/50)</th>
<th>Lispro (30/70, 40/60, 50/50)</th>
<th>Aspart (30/70, 40/60, 50/50)</th>
<th>Insulin glulisine</th>
<th>Insulin lispro</th>
<th>Insulin aspart</th>
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</table>
From the Canadian Diabetes Association's consumer fact sheet, "Insulin: Things you should know."