***What Is diabetes?***Stephen lakes

**Diabetes- When the body is incapable or can’t produce enough insulin.**

Currently: scientists estimate 25.8 million Americans currently have diabetes in the U.S  
Future: 79 million are thought to be pre-diabetic and are at serious risk for developing the disorder in the future.

Top 3

Rick factors for diabetes:

1. Genetics
2. Diet
3. High Blood Pressure

Ways to prevent diabetes:

1. Exercise
2. Healthy diet
3. Have good genetics ;)

Complications from diabetes:

1. Fainting
2. Blindness
3. Thirst
4. Urination

