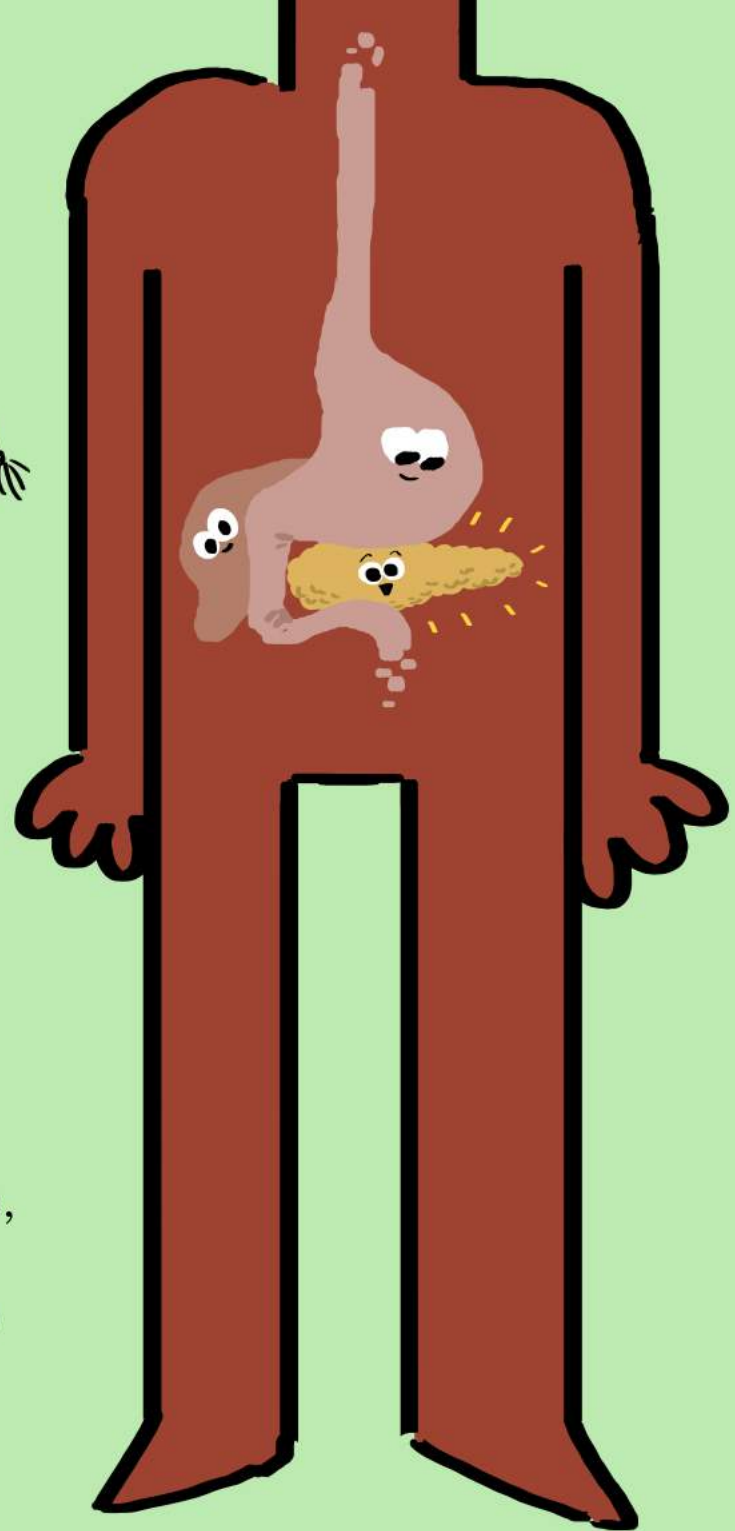
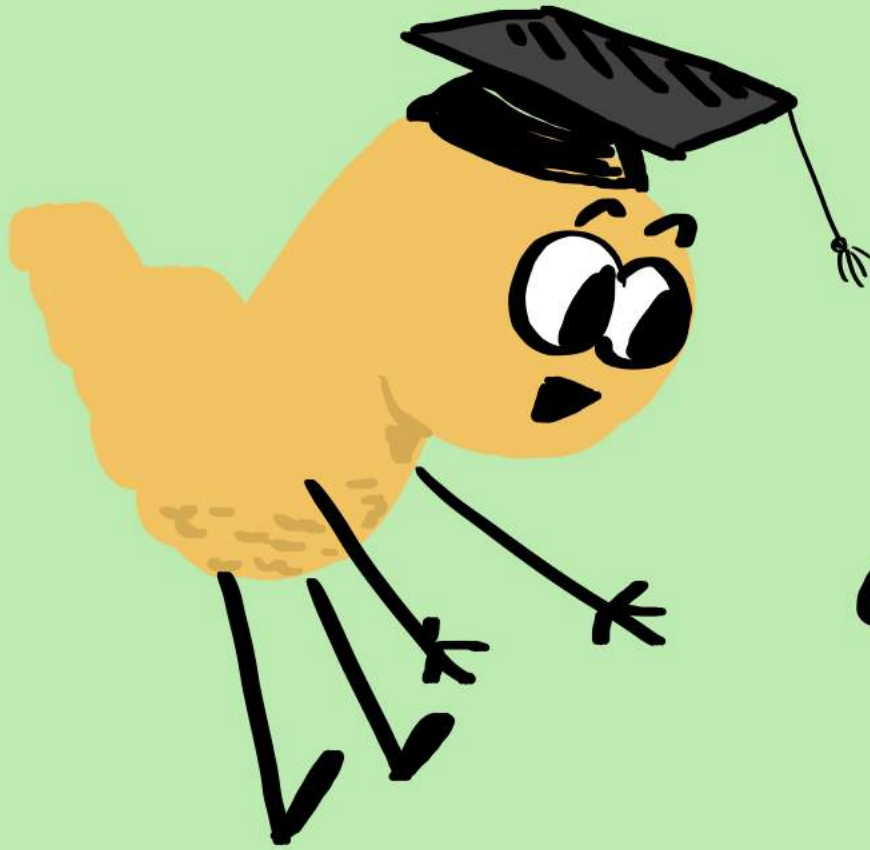


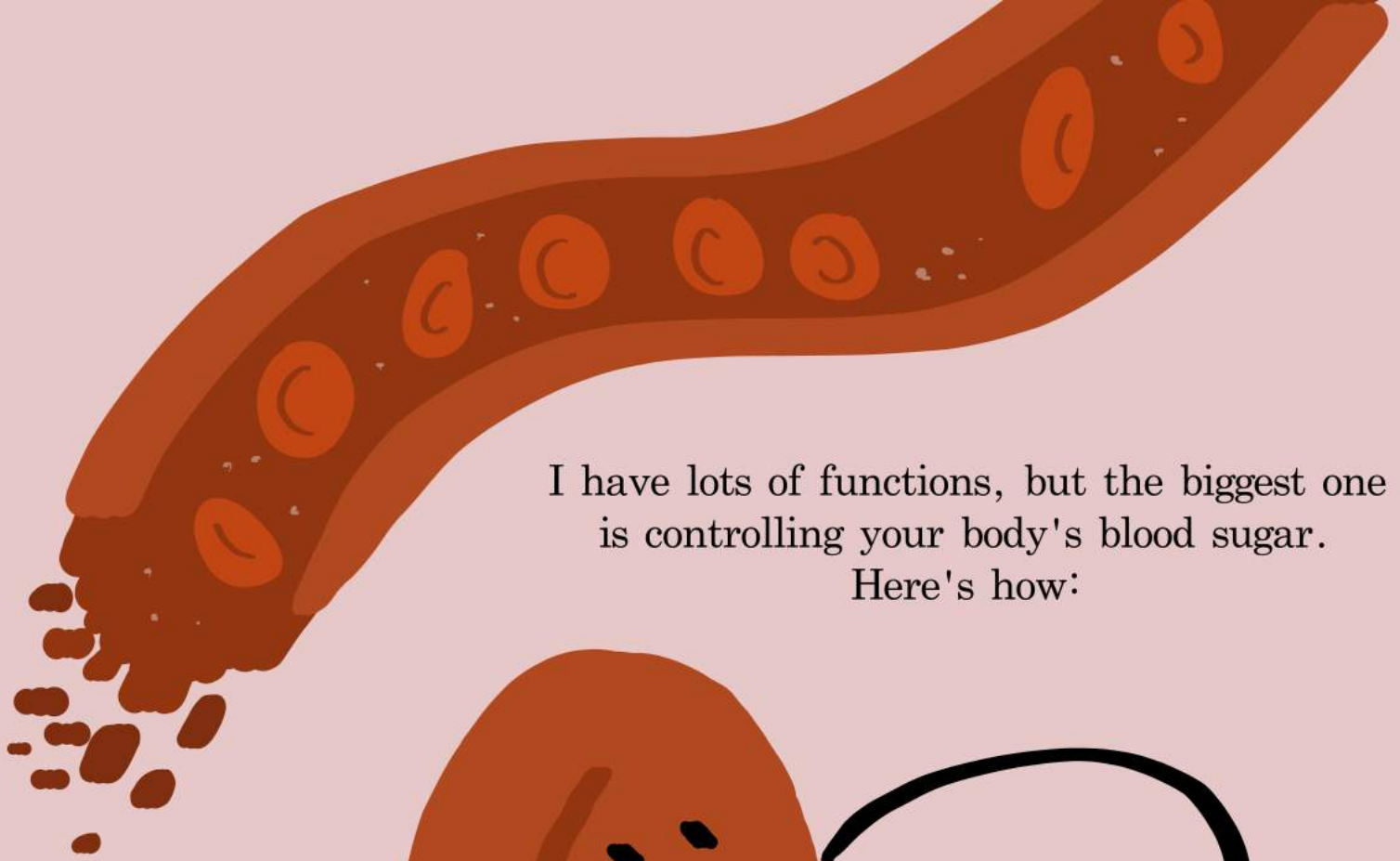
# HANKREAS THE PANCREAS



WRITTEN & ILLUSTRATED by AMANDA DYNAK

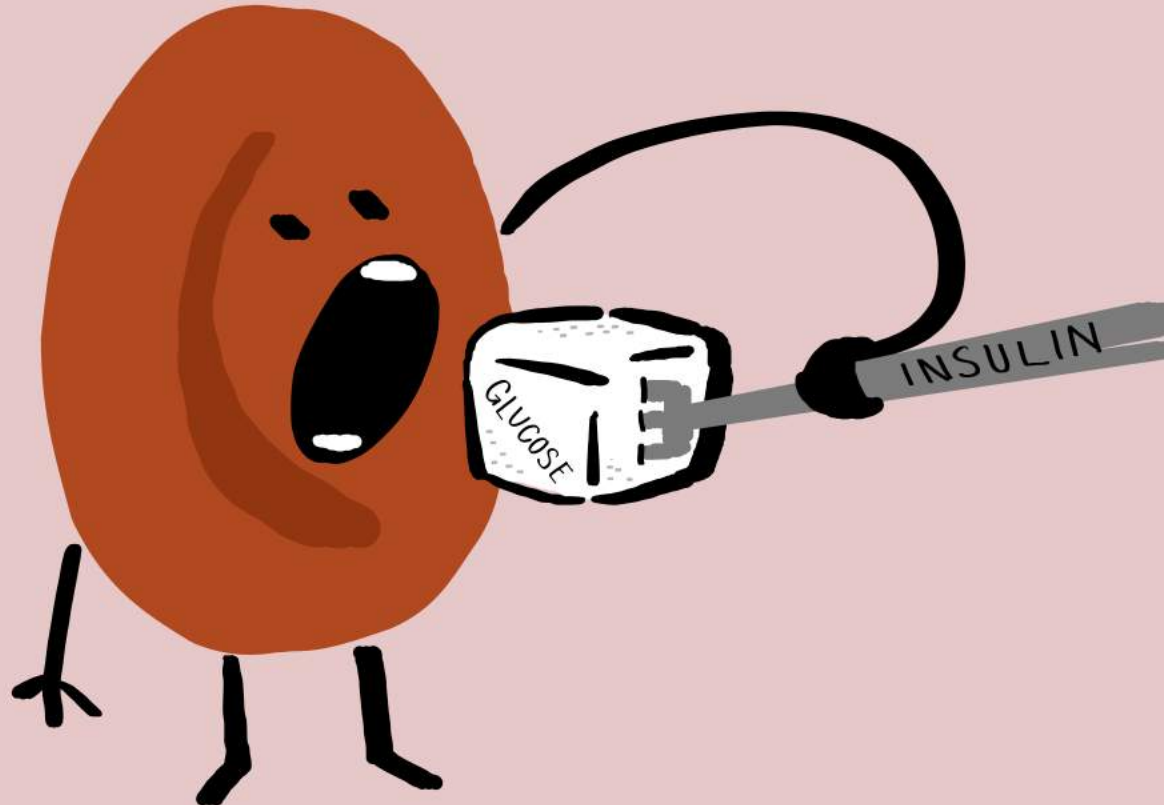


Hey there! I'm Hankreas the Pancreas,  
but you can call me Hank.  
I am an organ in your body, and I sit  
right under your stomach and liver!

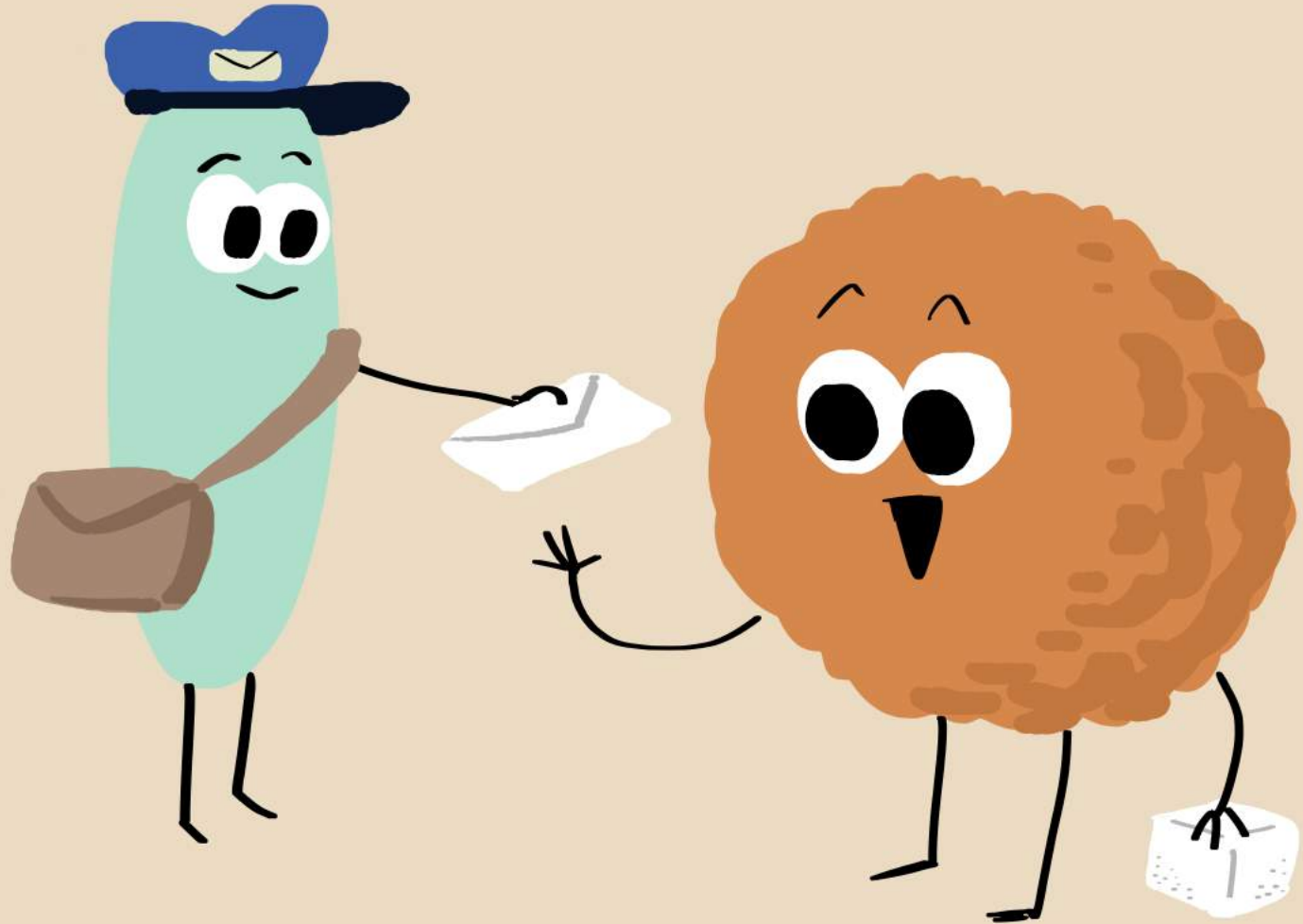


I have lots of functions, but the biggest one is controlling your body's blood sugar. Here's how:

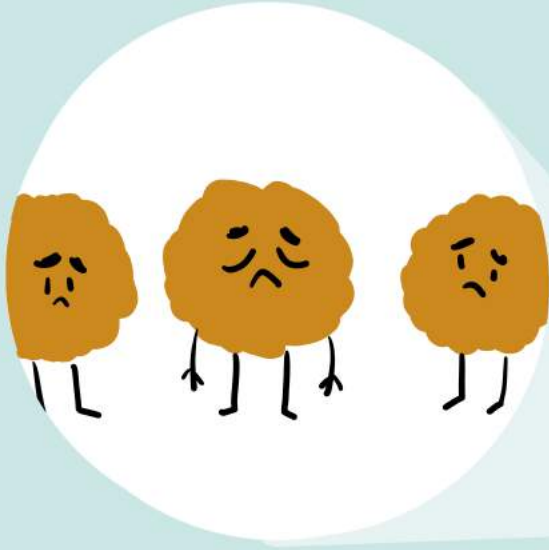
The sugar, called glucose, travels around our bodies inside our blood vessels. Our body cells then need something called insulin to use this sugar for energy.



Insulin is a hormone. A hormone helps carry important messages and transport things throughout our bodies,  
and insulin tells our body cells what to do with glucose.



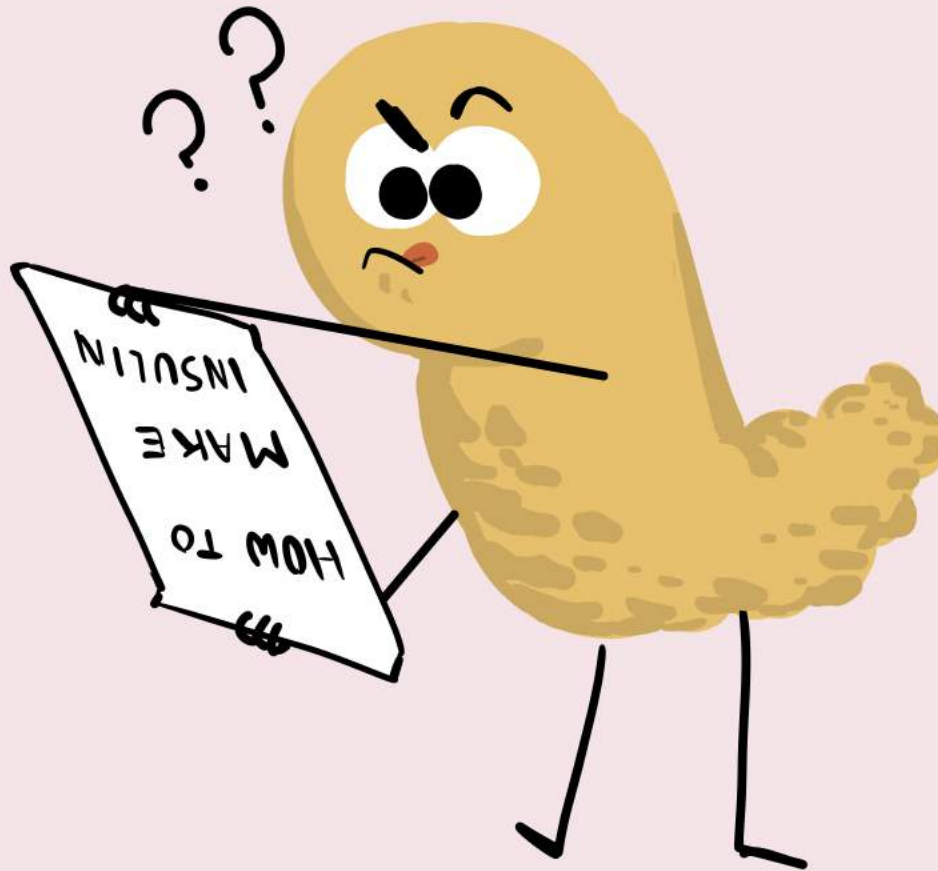
If there is not enough insulin, our cells don't have enough energy to work well, which makes people tired and sick.



This is commonly known as Diabetes.



Diabetes isn't like the flu, which can spread from person to person.  
If you have it, you can't give it to anybody else.  
It can exist in different forms: Type 1 and Type 2.



Type 1 diabetes happens when the pancreas doesn't work the way it should,  
and makes very little or no insulin.

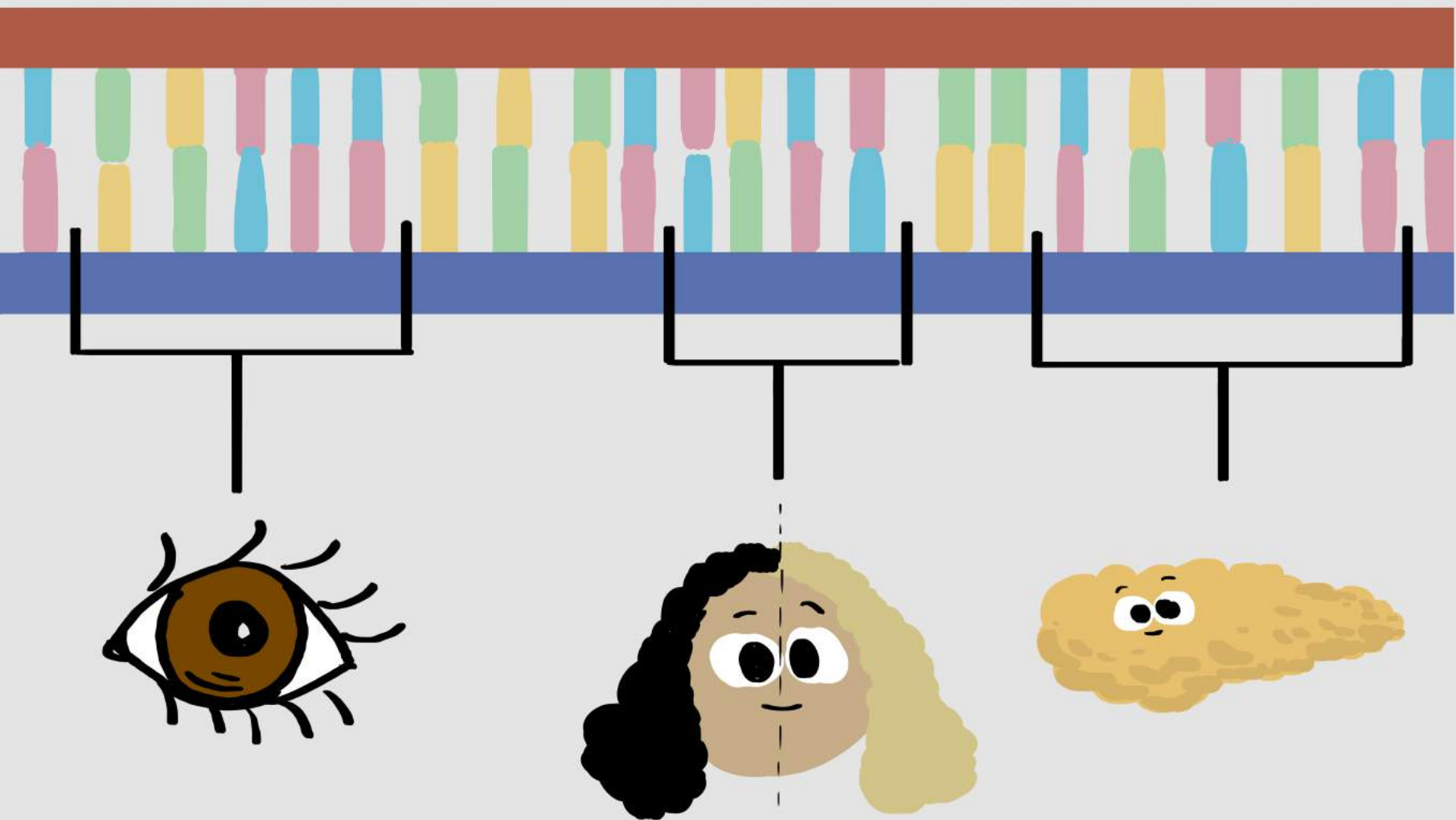


Why a person gets type 1 diabetes is complicated.

A lot of the time, it's a genetic condition.  
This means that there was an error in the person's  
DNA before the person was born.

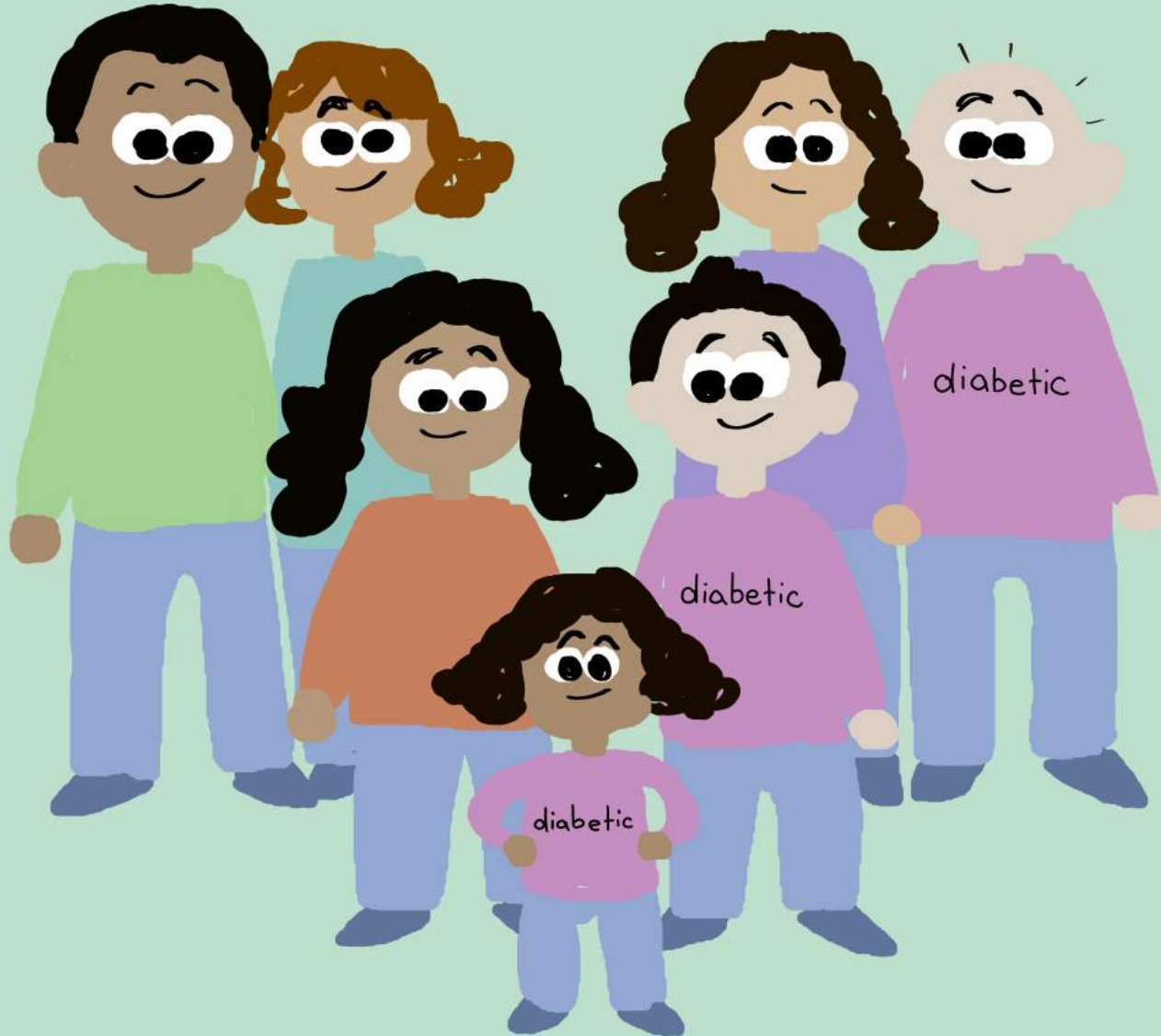


Your DNA is the code that tells your body how to function and what to look like. Your eye and hair color are genetic, and so is the way that your pancreas works.





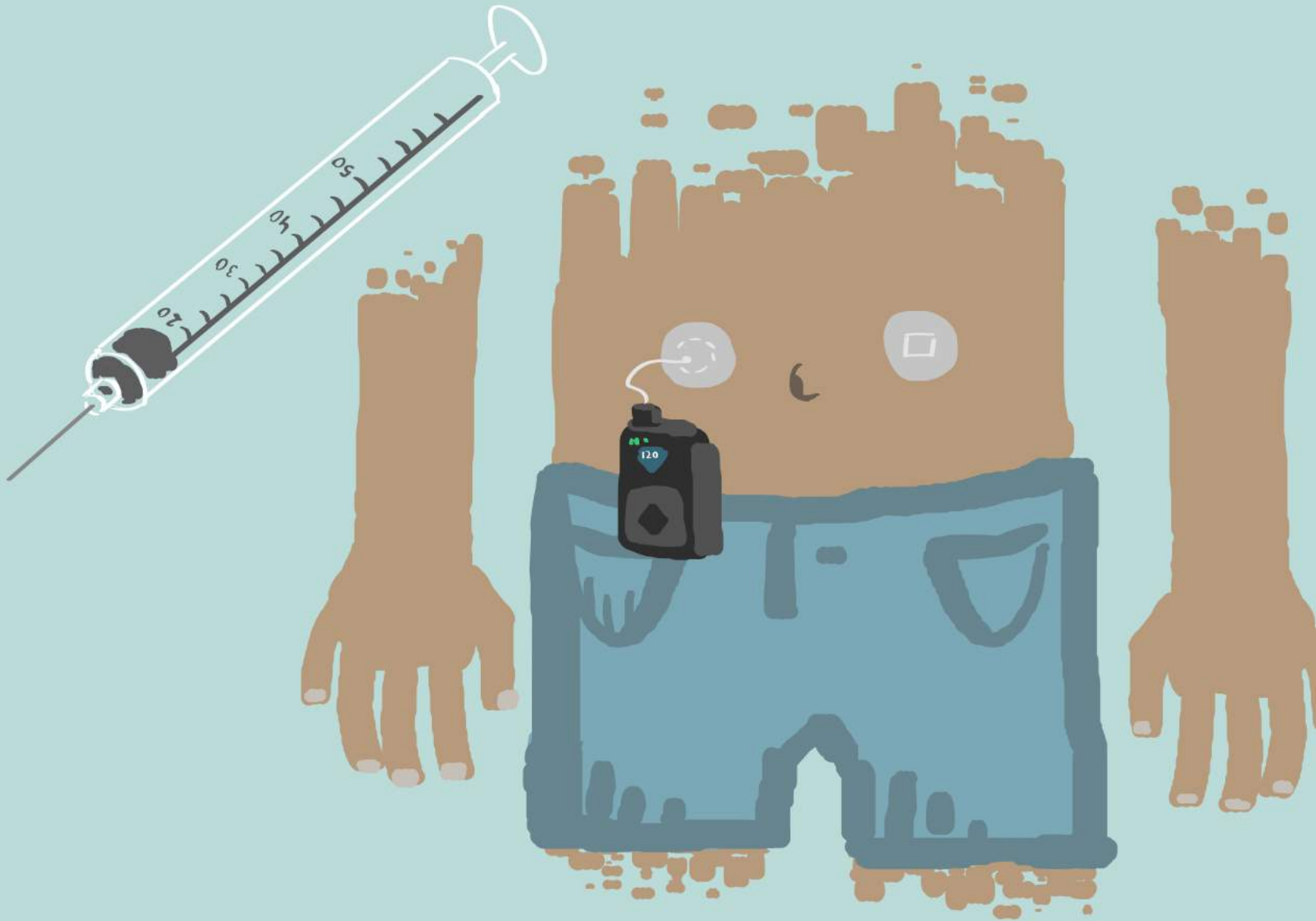
This also means that lots of people in their family might also have type 1 diabetes, because it is passed down from parents to their children.



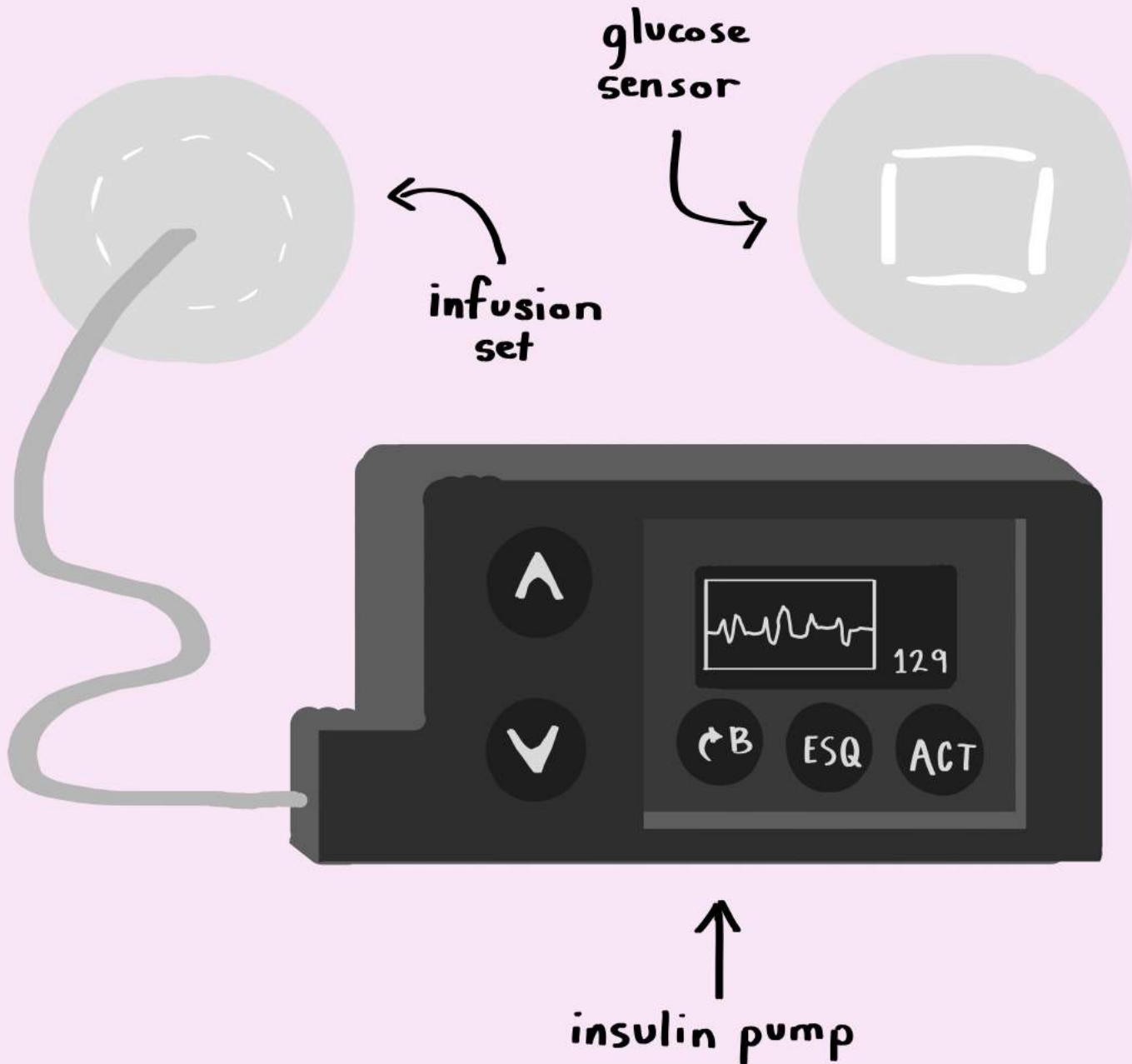


A person with type 1 diabetes has very high blood sugar levels. Because of this, they need extra insulin in their body, which can be given to them by a doctor.

This means that they have to take insulin shots, or have something called an insulin pump.



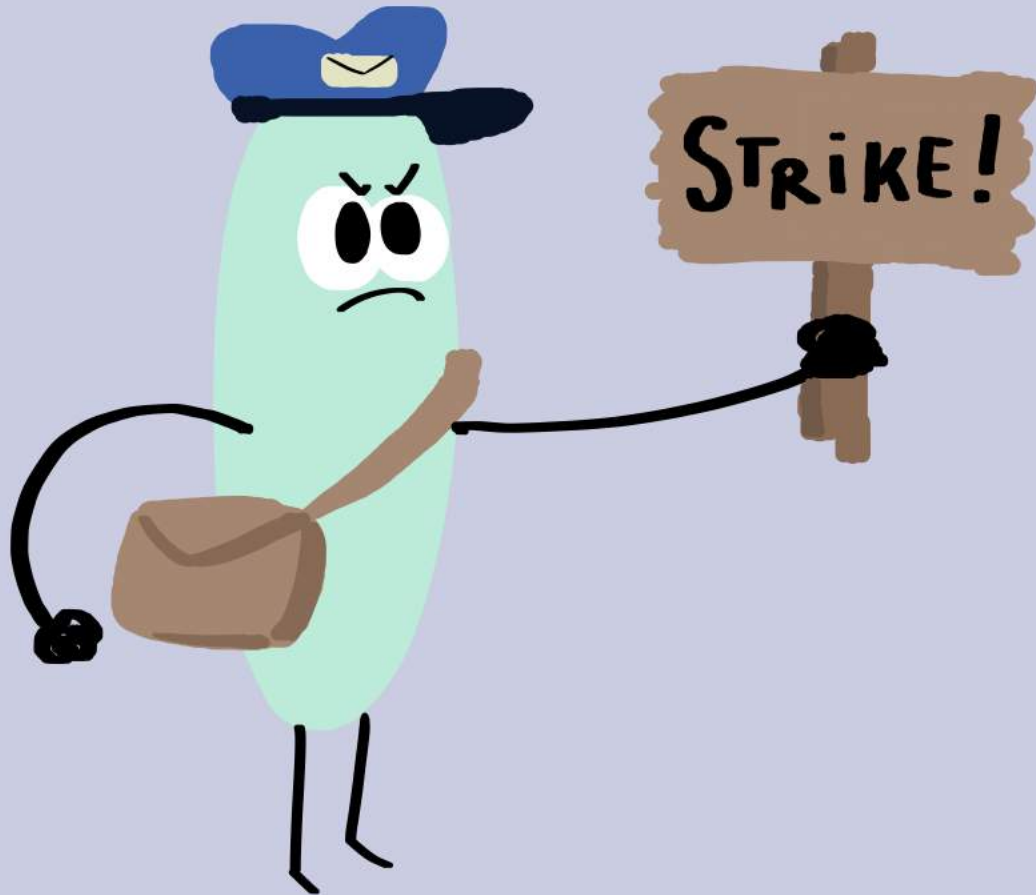
An insulin pump is a small machine with an even smaller tube that is programmed to put insulin into their blood vessels throughout the day.



By taking insulin, a type 1 diabetic won't feel as tired or sick throughout the day!







Type 2 diabetes works a little differently.

The pancreas of a type 2 diabetic will make a normal amount of insulin in their body, but the hormone won't do its job to help turn glucose into energy.

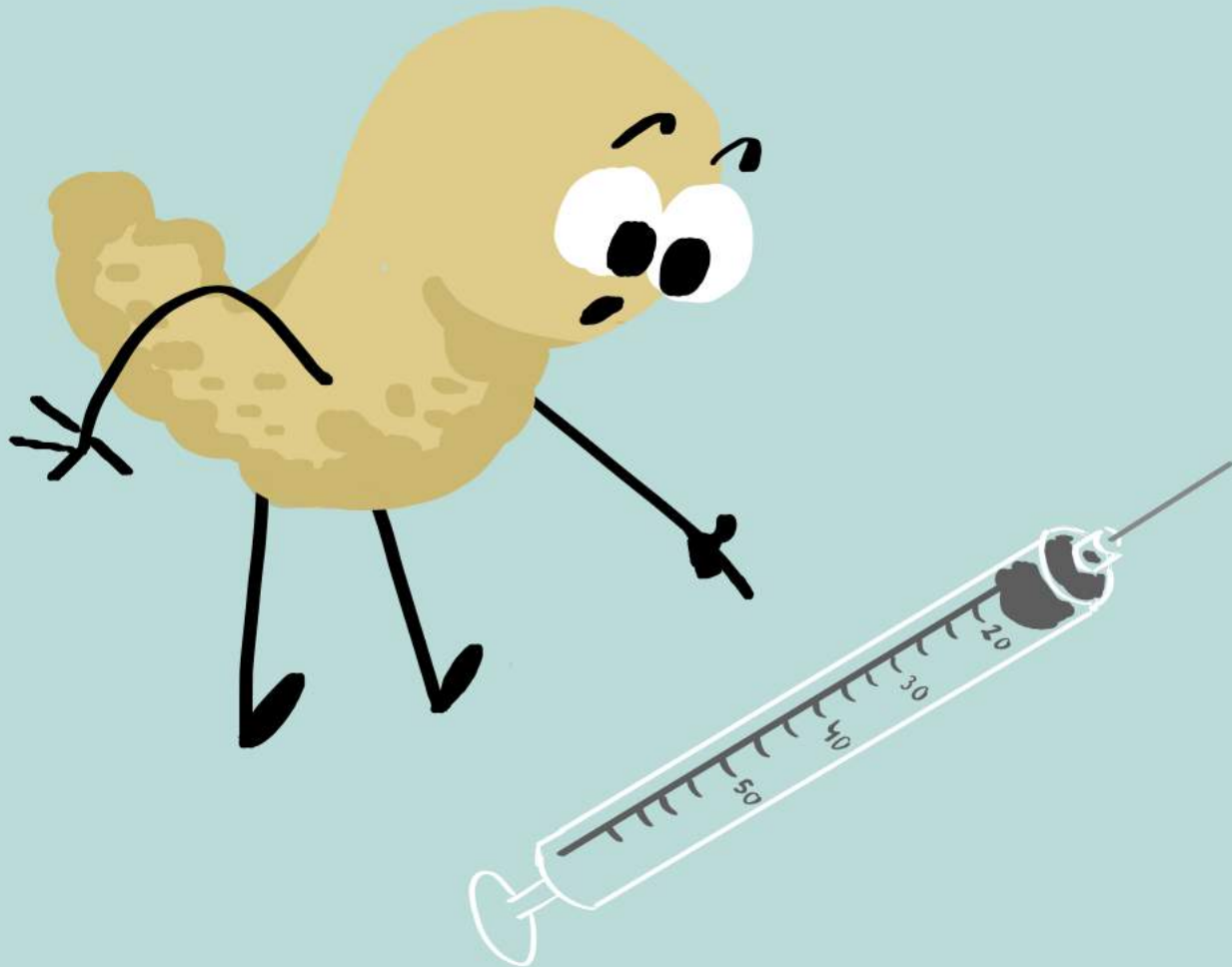
This is called insulin resistance.

Instead, their glucose will float around in your bloodstream, making their blood sugar levels go up, just like in type 1 diabetes.

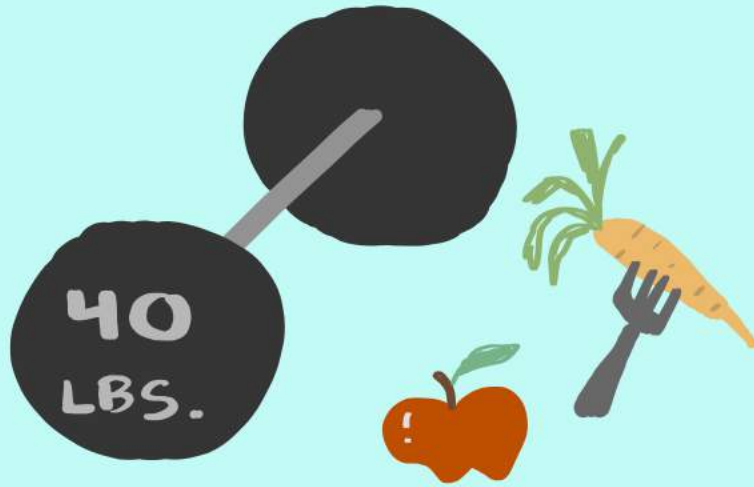


To fix this problem, their pancreas will work harder and harder to make more insulin, but will get tired very quickly.

There are many different ways to help treat and control type 2 diabetes.



Like type 1, a person can have insulin shots or take medicine that will help their body use insulin more.

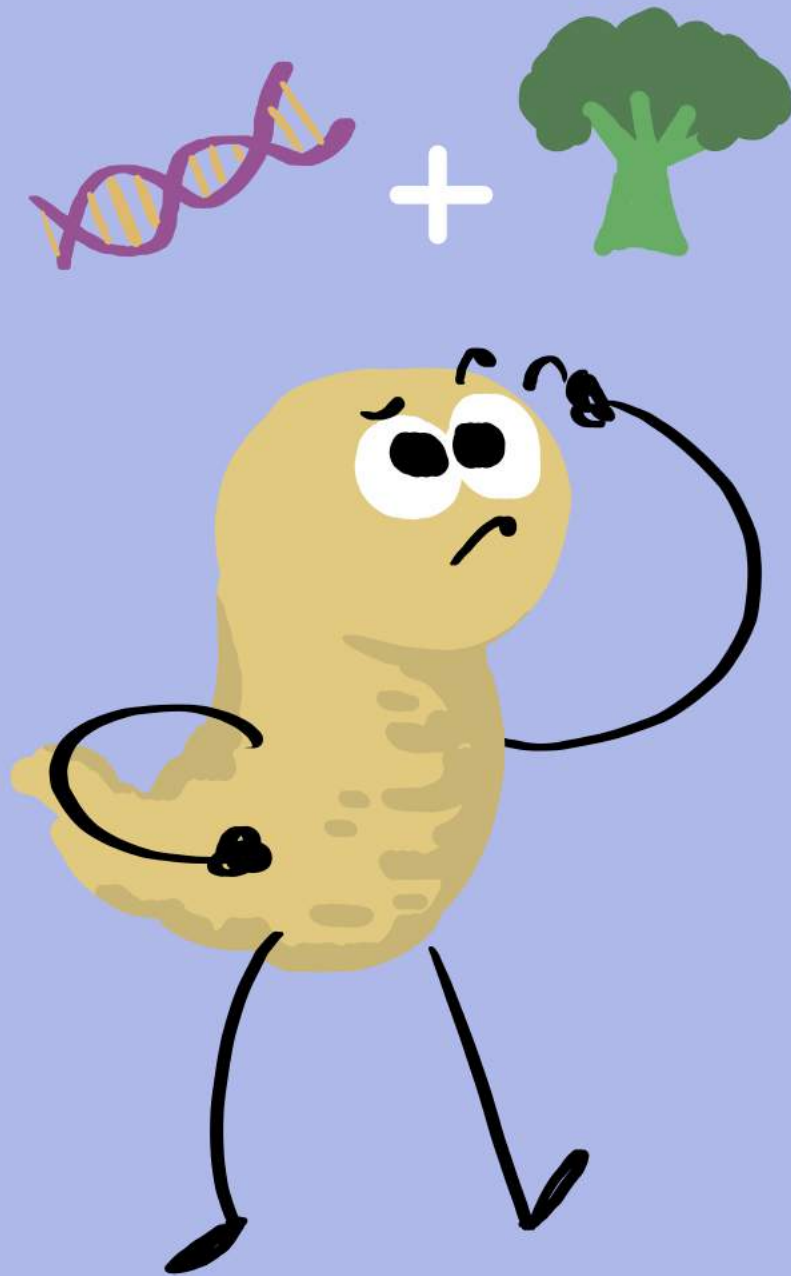


Another important factor is a person's lifestyle choices. These choices include what you eat, how much you exercise, and more.

A type 2 diabetic might want to eat more vegetables and fruits instead of candy, eat less salty food, and control how much they eat every day.



By following these rules, they might not even need to take extra insulin!



However, a person can still be diabetic even if they make healthy lifestyle choices.

Doctors don't really know why people get type 2 diabetes, but many think that it's a mix of your lifestyle and your genetics, too.



That's why it's important to not assume anything about a person with diabetes,  
and to treat them like you would treat any friend!



THE END.