Diabetes mellitus is a set of related diseases in which the body cannot regulate the amount of sugar (specifically, glucose) in the blood. Diabetes comes in two types—Type 1 diabetes and Type 2 diabetes.

In type 1 diabetes the body stops producing insulin or produces too little insulin to regulate blood glucose level. People with type 1 diabetes require daily insulin treatment to sustain life.

In type 2 diabetes the pancreas secretes insulin, but the body is partially or completely unable to use the insulin. This is sometimes referred to as insulin resistance. Type 2 diabetes is usually controlled with diet, weight loss, exercise, and oral medications.