

What does the hormone insulin do in the body?

In order for sugar to enter the cell, it needs a hormone called insulin.

Sugar comes and waits in front of the cell door. As soon as sugar enters the body, a hormone called insulin is secreted from an organ called the pancreas, located just behind our stomach.

Insulin allows the sugar standing in front of the cell's door to enter the cell and turn it into energy.

If, for some reason, the pancreas, which is the production site of insulin, cannot produce enough insulin or the secreted insulin cannot be used well by the tissues, then sugar begins to accumulate in the blood.

So diabetes occurs.