

DIABETES FACTS



Diabetes is a condition when the **amount of sugar in your blood is too high.**

Diabetes is on the rise
422 million people have diabetes*

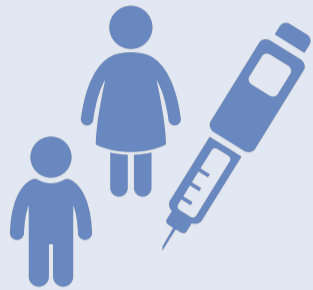


There are **2 main types** of diabetes:

Type 1

(insulin dependent or childhood diabetes)

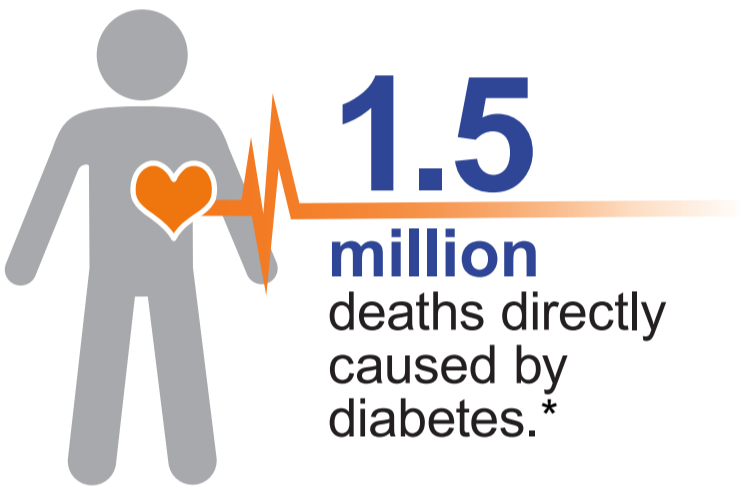
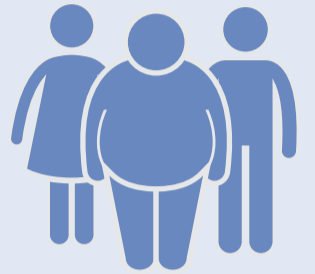
When the body can't produce enough insulin.



Type 2

(adult onset diabetes)

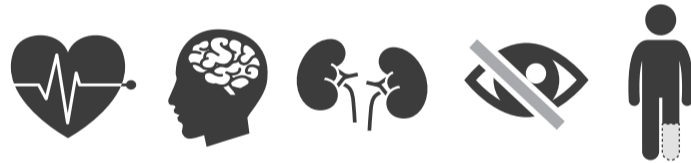
When the body produces insulin but can't use it properly.



Diabetes risk factors: People over 45 years of age, family history, race and ethnicity, unhealthy lifestyle and certain medical conditions.

Common symptoms of diabetes

- > Increased thirst, hunger, urination and tiredness
- > Unexplained weight loss
- > Blurred vision



Untreated, diabetes can cause serious complications including heart disease, stroke, kidney problems, blindness and nerve damage.



Early detection and good management of diabetes may prevent complications.

Preventing and managing type 2 diabetes **starts with a healthy lifestyle:**

<p>Exercise regularly</p>	<p>Maintain a healthy body weight</p>	<p>Avoid tobacco use</p>
<p>Eat a healthy diet</p>	<p>Control high blood pressure and cholesterol levels</p>	<p>Speak to your doctor about diabetes today and get tested!</p>

Scan this QR code to watch the Diabetes video or go to: <https://vimeo.com/444152397>

Source: * World Health Organization, Diabetes Fact Sheet, Updated September 2022

This infographic has been developed for educational purposes only and is correct at the time of publication. It is not a substitute for professional medical advice. Should you have any questions or concerns about any topic in the infographic, please consult your medical professional.

