

SELF-MANAGEMENT CAN HELP PEOPLE WITH
DIABETES
 LIVE LONG AND HEALTHY LIVES



425 MILLION
 ADULTS
 WORLDWIDE HAVE DIABETES



1 OUT OF **2**
 PEOPLE WITH DIABETES
 REMAIN UNDIAGNOSED



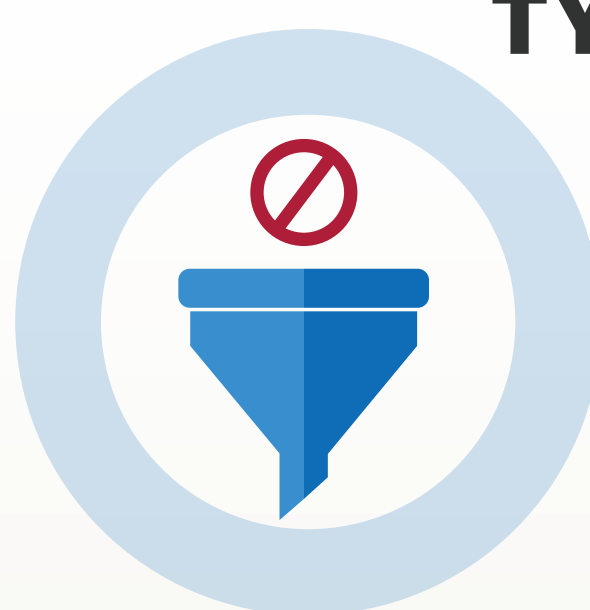
COMMON FORMS OF DIABETES

GESTATIONAL DIABETES



Women with **hyperglycemia during pregnancy** can control their blood glucose levels through a **healthy diet, moderate exercise and blood glucose monitoring**. In some cases, medication.

TYPE 1 DIABETES



With **type 1 diabetes**, your pancreas **doesn't produce** insulin.

PREDIABETES

Reducing your risk of diabetes requires regular **monitoring**, a **healthy lifestyle**, and ongoing education. Family support is key.



TYPE 2 DIABETES

With **type 2 diabetes**, your pancreas **doesn't produce enough** insulin or your body can't use it.



SYMPTOMS OF DIABETES



EXCESSIVE THIRST



FREQUENT URINATION



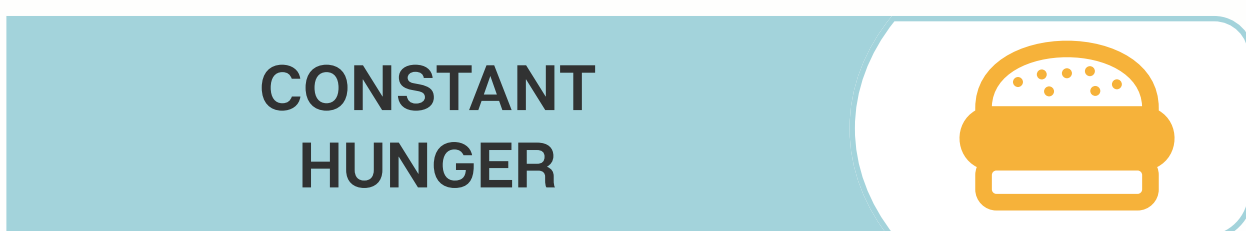
BLURRED VISION



LACK OF ENERGY



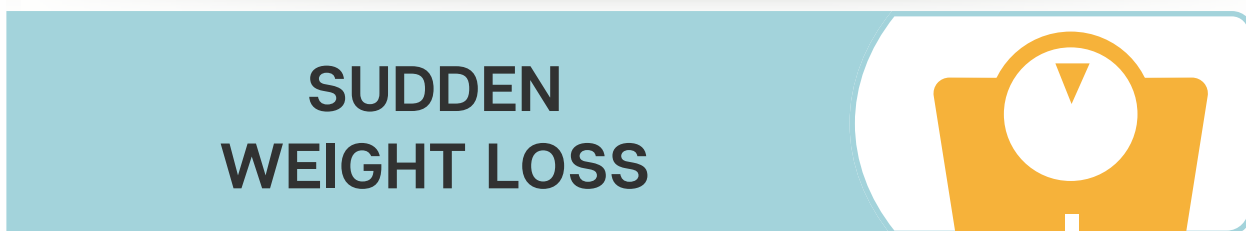
TINGLING OR NUMBNESS IN HANDS AND FEET



CONSTANT HUNGER



SLOW HEALING WOUNDS



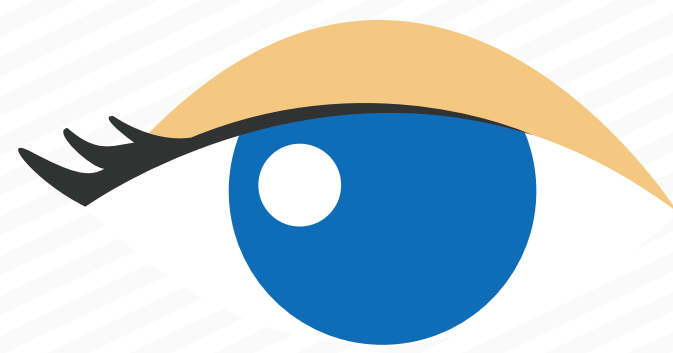
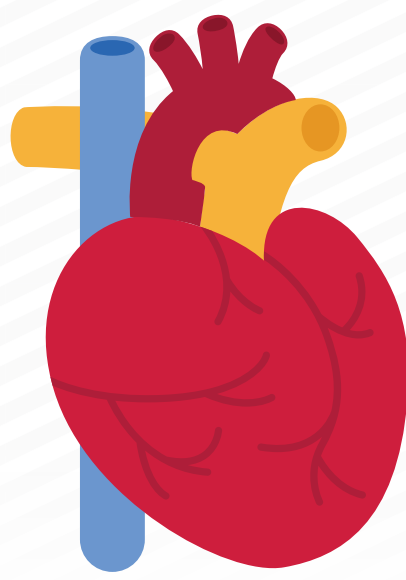
SUDDEN WEIGHT LOSS

COMPLICATIONS OF DIABETES

Early **diagnosis** and **treatment** is key to helping **prevent** or **delay life-threatening complications**

EVERY 30 SECONDS
 A **lower limb** or **part of a lower limb** is lost to **amputation** somewhere in the world as a **consequence of diabetes**.

People with diabetes are **2 to 3 times** more likely to **have cardiovascular disease**. (CVD)



Diabetic retinopathy affects over **one-third** of all people with diabetes and is the **leading cause of vision loss** in working-age adults.

PREVENTION & ACTION PLAN

Making **small changes** in our **daily habits** can have a **big impact** on our **health**



BUILD A SUPPORT SYSTEM



REGULAR ACTIVITY



KEEPING BLOOD SUGAR LEVELS IN RANGE



BALANCE NUTRITION

