What is diabetes?

Risk factors and symptoms of diabetes

Long-term risks of diabetes

How to have a healthier lifestyle with diabetes

Prevalence of diabetes

Top 10 Countries with the Greatest Prevalence of Diabetes, by percentage of population ages 20-79 (2015)1

Exercise and engage in physical activity.
Maintain a healthy diet.
Eat more fruits and vegetables.
Consume less sugar.
Take medications as prescribed.
Check blood sugar regularly.
Visit your doctor regularly and consult them with questions.

Know your A1c

Low HbA1c

Normal

Diabetic

Nerve damage

Nerve problems can develop at any time, but risk rises with age and longer duration of diabetes.

Eye problems

Could lead to blindness

Sores and infections on feet and skin

Left untreated, could lead to amputation

Increased blood pressure

Could lead to heart attack or stroke

Kidney disease

Diabetes is a leading cause of kidney disease.

About 1 out of 4 adults with diabetes has kidney disease.1

Diabetes is a chronic disease caused by inherited and/or acquired deficiency in production of insulin by the pancreas, or by the ineffectiveness of the insulin produced.2

Inadequate insulin leads to elevated glucose levels in the bloodstream.

Diabetes is a leading cause of kidney disease.

Accounts for 90 to 95% of diabetes in developed countries

Type 1

Caused by insulin resistance or inadequate insulin secretion

Formerly called “non-insulin dependent” or “adult-onset” diabetes

Pre-diabetes is the precursor stage before diabetes mellitus in which not all of the symptoms required to diagnose diabetes are present, but blood sugar is abnormally high.3

Insulin normally pairs with glucose as it gets absorbed by your cells. Inadequate insulin leads to elevated glucose levels in the bloodstream.

High HbA1c

Diabetic

Nerve damage

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Eye problems

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Sources:

Source:

Where can I get tested?

Ask your doctor about getting an HbA1c test done in the office during your next visit.