

Halt the #diabetes epidemic

www.emro.who.int/whd2016

The Eastern Mediterranean Region has the **highest prevalence** of **diabetes** worldwide

43 million people have **diabetes** in this Region

What is diabetes?

- Diabetes is a chronic illness that raises sugar (glucose) levels in the blood
- If not controlled, raised blood glucose levels can lead to serious complications

What are the complications of diabetes?



Heart attack



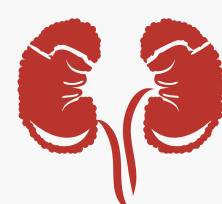
Stroke



Blindness



Lower limb amputation



Kidney failure

If in doubt, check for diabetes

What are the risk factors?



40 years of age and older



Overweight/obesity



Physical inactivity



Unhealthy diet



Tobacco use



Family history of diabetes



History of abnormal glucose during pregnancy

What are the symptoms?



Extreme thirst



Constant hunger



Excessive urination



Weight loss



Blurred vision



Fatigue

Prevent diabetes and its complications

Adopt a healthy lifestyle

Eat healthy

Eat more fruits and vegetables
Reduce sugar and fat intake



Be active

Engage in 30 minutes of regular, moderate-intensity activity on most days

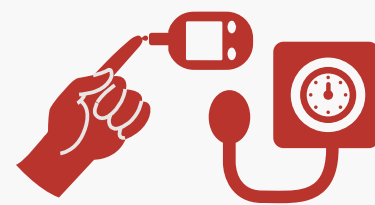


Do not use tobacco



Follow medical advice

**Control blood glucose
blood pressure**



Get regular check-ups



Adhere to medication

