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 and blood pressure
- Get regular check-ups
- Adhere to medication

Beat diabetes

Eat healthy • Be active