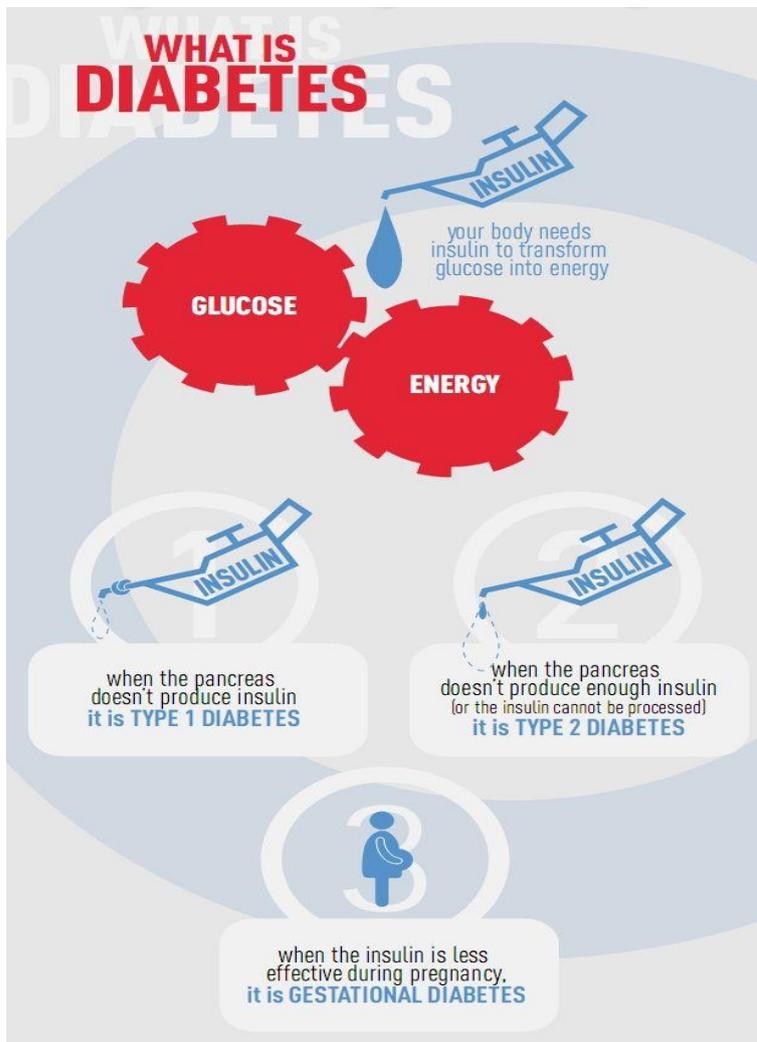


# WORLD DIABETES DAY

14 November 2013



## DIABETES EDUCATION AND PREVENTION



### FACTS ABOUT DIABETES

- According to the WHO, more than 347 million people have diabetes worldwide.
- In Ghana, about 4 million people may be affected with diabetes.
- The number of people with diabetes is increasing.
- Half of people with diabetes don't know they have it.
- Half of people who die from diabetes are under the age of 60.
- More than 80% of diabetes deaths occur in low and middle income countries.
- Type 1 diabetes often starts in late childhood or adolescence and has nothing to do with lifestyle or weight.
- Type 2 diabetes often starts at the age of 40. It is usually associated with obesity and physical inactivity.

# KNOW THE WARNING SYMPTOMS

Diabetes can affect anyone. If left untreated, it is deadly. If you show these symptoms, seek medical attention.



Frequent urination



Excessive Thirst



Constant hunger



Fatigue



Weight loss



Blurred vision

## ARE YOU AT RISK FOR TYPE 2 DIABETES?

Seven million people are diagnosed with type 2 diabetes every year. If you think you are at risk, get tested.



Family history



Unhealthy diet



Overweight



Lack of exercise

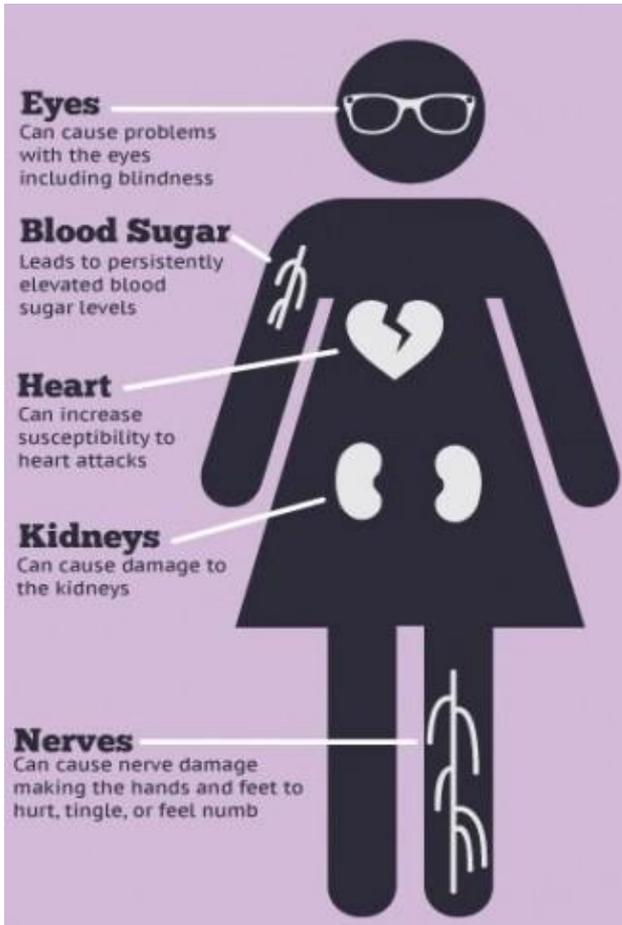


Increasing age



High blood pressure

## EFFECT OF DIABETES



## REDUCE YOUR RISK OF TYPE 2 DIABETES

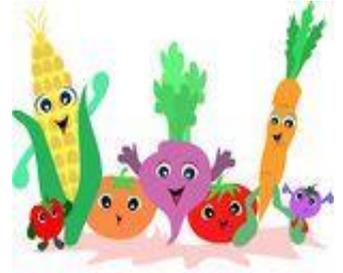
### EXERCISE

30 minutes of exercise a day can reduce your risk of developing type 2 diabetes by 40%.



### EAT HEALTHY

Eating a balanced diet low in saturated fats, sugars and carbohydrates, can reduce diabetes 2 risk and maintain a healthy weight.



### MANAGE YOUR WEIGHT

Maintaining a healthy weight can reduce the risk of diabetes 2 by 60%.



## HOW TO MANAGE YOUR DIABETES



### Don't skip medication

Follow your doctor's recommendations and don't skip a dosage even if your blood glucose is in the normal limits.



### Check your blood glucose

Keep track on your blood sugar level to stay in control of your diabetes. Always tell your doctor about your results.



### Don't stress

Stress can complicate diabetes so speak to someone if you ever need support.



### Don't smoke

In addition to its many other dangers, smoking can harm your circulatory system.



### Keep healthy teeth

High blood sugar levels lead to an increased risk of tooth decay and gum disease.



### Check your feet

Check your feet daily for cuts, sores and swelling. Consult your doctor if they don't go away.