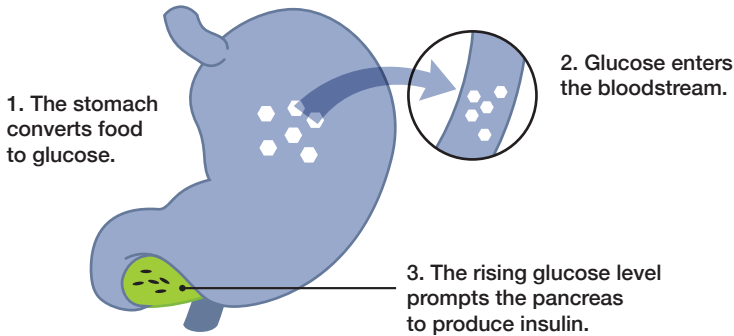


DIABETES

FACT SHEET

Diabetes is a chronic disease in which the person has high blood sugar, either because insulin production from the pancreas is inadequate or because the body's cells do not respond properly to insulin. Insulin is a hormone that controls the amount of glucose (sugar) in the blood.



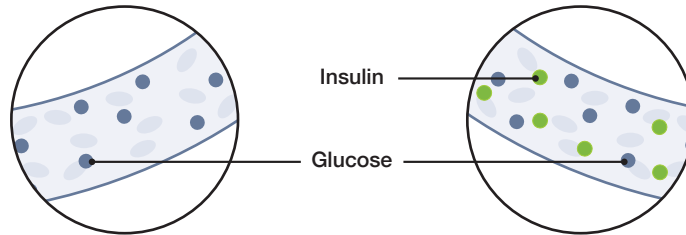
387 million
people are living with diabetes worldwide

1 in 9 adults
in the UAE have Diabetes.



Common types of Diabetes

Type 1
Insulin dependant
Unpreventable Diabetes caused by inadequate insulin production.



Type 2
Non-insulin dependant
Preventable Diabetes which occurs due to body's ineffective use of insulin. About 90% of those affected by Diabetes suffer from this.

Symptoms



Weight gain or unusual weight loss



Extreme fatigue



Frequent urination

Prevention



Consume fewer foods high in sugar



Be physically active



Take medicine exactly as prescribed

Common consequences



Heart disease and Stroke



Blindness



Kidney failure

Sources:
WHO (www.who.int)
International Diabetes Federation (www.idf.org)
Canadian Diabetes Association (www.diabetes.ca)

WebMD (www.webmd.com)
CDC (www.cdc.gov)

Disclaimer: This document is for information purpose only and is neither medical advice nor meant to substitute you consulting your doctor.