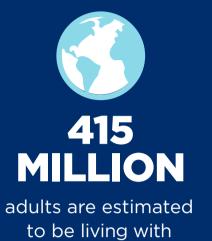
WORLD **DIABETES DAY 2016**

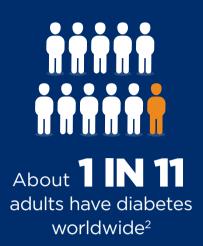
EYES ON DIABETES

THIS YEAR'S WORLD DIABETES DAY THEME FOCUSES ON THE IMPORTANCE OF SCREENING FOR TYPE 2 DIABETES TO ENSURE EARLY DIAGNOSIS AND TREATMENT TO REDUCE THE RISK OF SERIOUS COMPLICATIONS, SUCH AS EYE DISEASE.1

DIABETES BY THE NUMBERS



diabetes worldwide²



Type 2 diabetes accounts for about 0% to 95 of all diagnosed cases of diabetes³



In the U.S., more than 29 million people have diabetes, and about 25% of them are unaware of their disease4

HEALTH COMPLICATIONS

Over time, diabetes can lead to serious health complications, including:3



Heart disease



Stroke



Blindness



Kidney failure



Lower-limb amputation

Regular screenings can help detect diabetes complications in their early stages and help prevent them from progressing⁵



DIABETES MANAGEMENT



The recommended goal for many adults with diabetes is an A1C of <7%. A1C is a measure of a person's average blood sugar level over the past 2 to 3 months⁶ People with diabetes can help reduce their risk of complications through:7



Controlling blood sugar, blood pressure and cholesterol levels



Eating a healthy diet



Exercising



Maintaining a healthy weight

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