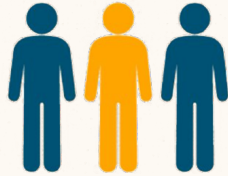




What is diabetes?

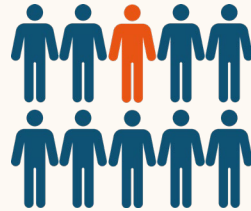
Diabetes is a condition where your body cannot manage sugar properly, resulting in too much sugar in your blood.

Diabetes is a common and serious condition in Singapore!



1 in 3

Singaporeans is at risk of developing diabetes



Close to 1 in 10

Singaporeans has diabetes



2 in 3

individuals with newly diagnosed kidney failure have diabetes



1 in 3

individuals diagnosed with diabetes continues to have high blood sugar levels



1 in 3

individuals with diabetes does not know he or she has it



1 in 3

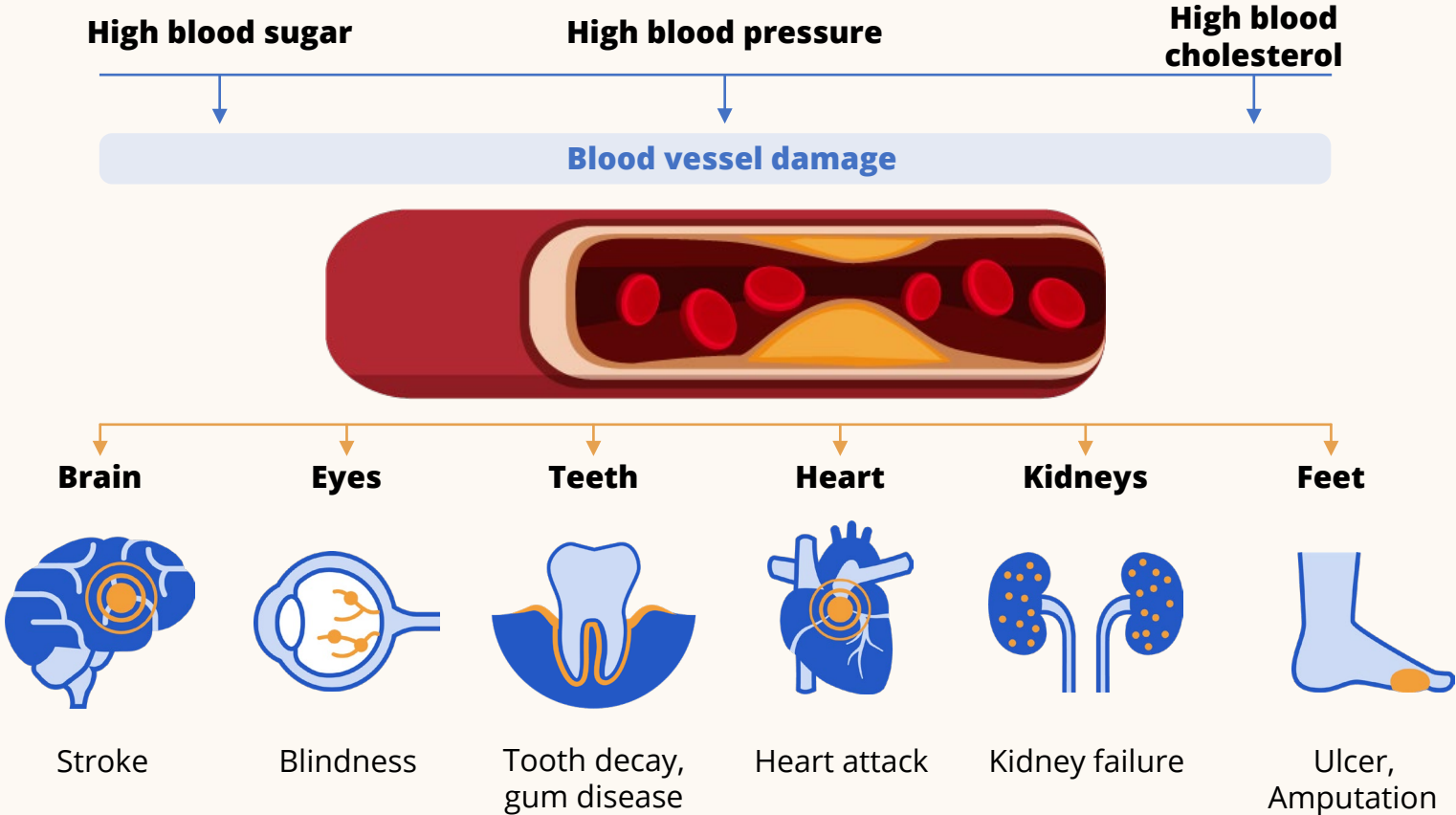
individuals with diabetes has eye disease



Every day,

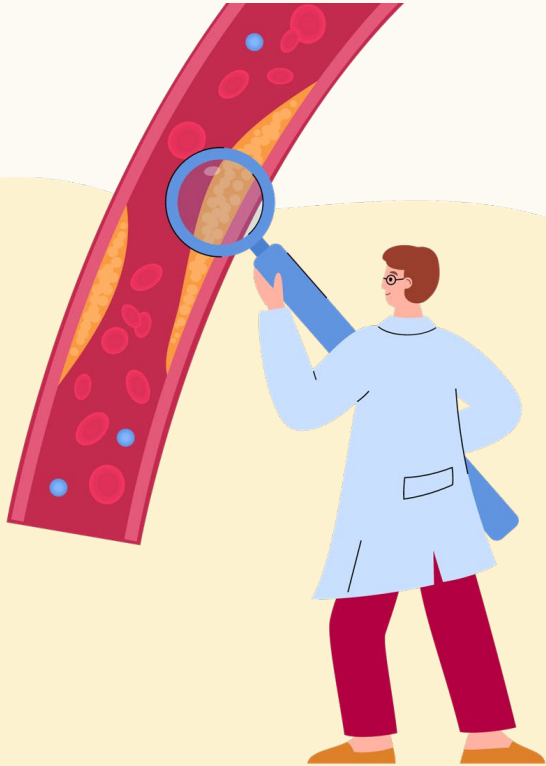
about **4** individuals with diabetes **undergo amputations due to complications**

Diabetes can cause complications for your body



Diabetes can cause complications for your body

- High blood sugar, high blood pressure and high blood cholesterol will **damage blood vessels**
- **You may not know of the damage** until you screen for these complications



Small blood vessel (microvascular) damage

- Nerve damage (neuropathy)
 - ↳ Loss of feeling in the feet
 - ↳ Increased risk of foot ulcers and infections
- Eye disease (retinopathy)
- Reduced kidney function (nephropathy)

Large blood vessel (macrovascular) damage

- Stroke (cerebrovascular disease)
- Heart disease (cardiovascular disease)
- Circulatory problems (peripheral vascular disease)

Symptoms

It can be difficult to distinguish Type 1 from Type 2 diabetes. They share many similar symptoms, and the differences are slight.

Symptoms that may be common to both*

- Need to urinate often (especially at night)
- Feels thirsty often
- Losing weight without trying
- Often hungry
- Blurred vision
- Numbness or tingling in hands/feet
- Gets tired easily, or lacks energy
- Dry skin
- Sores/wounds that take a long time to heal
- Prone to infections (commonly involving skin, urine or lungs)

*May not be experienced by all

How Type 1 and Type 2 diabetes present

Type 1 diabetes

Fast onset, often over a few days.

When symptoms are ignored, it can lead to serious complications such as Diabetic Ketoacidosis (DKA), when acids known as ketones build up in the bloodstream.

Type 2 diabetes

May not have obvious symptoms or **the symptoms can be easily missed**. If ignored, they can lead to serious complications such as Hyperosmolar Hyperglycaemic Syndrome (HHS), when blood sugar is dangerously high and the body becomes severely dehydrated.