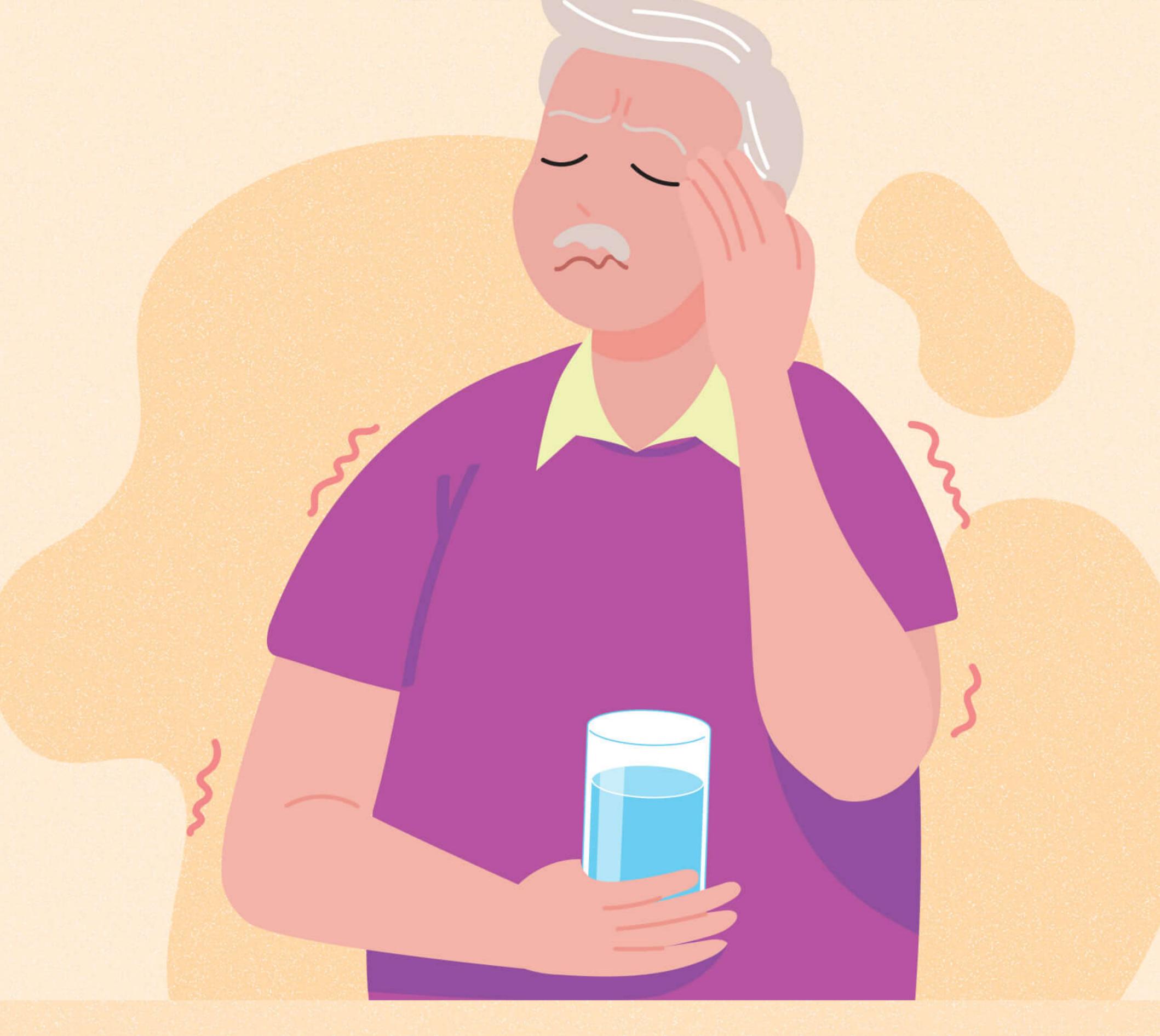
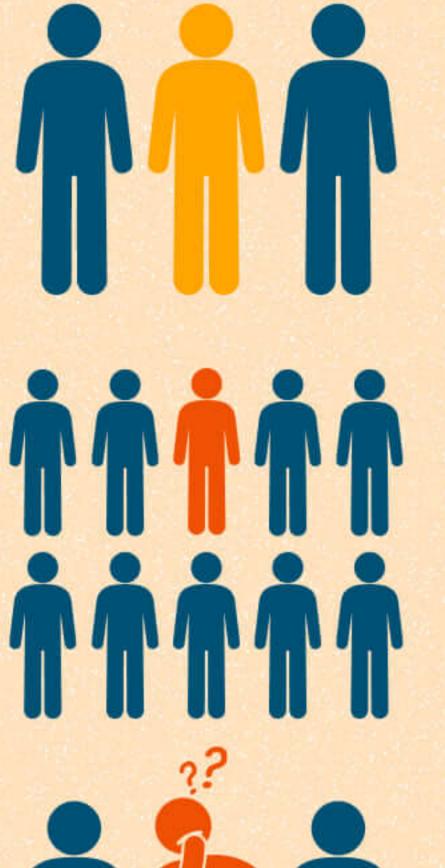
# THE MORE YOU KNOW DIABETES, THE BETTER YOU CAN MANAGE IT



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

### Experiencing such symptoms? You might have diabetes

- Need to urinate often
- Often thirsty and hungry
- Losing weight without trying
- Blurred vision
- Numbness or tingling in hands/feet
- Getting tired easily or lacking energy
- Dry skin
- Sores/wounds that are slow to heal
- Prone to infections



Singaporeans is at risk of developing diabetes

Singaporeans has diabetes



individuals with diabetes does not know he or she has it

### Diabetes can lead to serious complications



Stroke





Tooth & gum disease







### Type I diabetes

- Develops when your own immune system attacks and damages your pancreas, making it unable to produce insulin
- Common in children or young adults, but can also happen to people of other ages
- Not caused by diet and lifestyle

# Types of Diabetes

### Type 2 diabetes

- Most common form of diabetes
- Develops from frequent intake of sugar and refined carbohydrates
- Your cells become resistant to your body's own insulin
- Associated with having too much body fat (under skin/around internal organs)
- Typically develops in older adults

### Gestational diabetes

- Some women develop higher blood sugar levels during pregnancy, which usually normalise after delivery
- Increases your risk of developing diabetes later on in life



Your blood sugar levels are higher than normal but not high enough to be diagnosed with diabetes. It puts you at increased risk of Type 2 diabetes. Usually displays no symptoms and is detected through blood tests

## Type 2 diabetes at a glance



Excess sugar is stored



**Excess internal fat** makes cells less sensitive to insulin





Pancreas which must work harder to produce insulin gets damaged





High blood sugar levels



Insulin is a hormone produced by your pancreas. It helps control the blood sugar level in your body by moving sugar (glucose) into the cells, which is then used to generate energy and maintain normal body functions

### What can you do

- Control your blood sugar levels and body weight
- Follow a healthy diet plan
- Exercise regularly

- Take medications as prescribed
- Prioritise your emotional and mental well-being

If you require insulin treatment, take insulin injections and monitor your blood sugar levels as advised by your healthcare team



