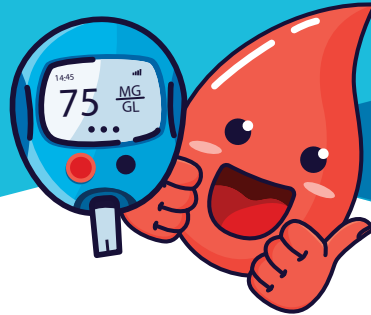




# World Diabetes Day 2022



## Overview

On World Diabetes Day, which falls on November 14, let us support healthcare professionals and organizations to raise awareness of this non-communicable disease. Diabetes is a chronic condition characterized by high blood sugar or hyperglycemia. Constant high blood sugar, in the long run, can cause damage to vital organs in the body such as eyes, nerves, heart and blood vessels.

## 3 types of diabetes



*Type 1* occurs when the body does not produce insulin and requires to take insulin every day.



*Type 2* diabetes occurs when the body does not utilize insulin properly and fail to keep the blood sugar at normal level.



*Gestational* diabetes occurs in pregnant women who never had diabetes before and it usually disappears once the baby is born

## Prevention



Healthy eating



Maintaining ideal body weight



Physical activity



## Facts about Diabetes

- Diabetes is a chronic condition characterized by high blood sugar or hyperglycemia.
- Constant high blood sugar, in the long run, can cause damage to vital organs in the body such as eyes, nerves, heart and blood vessels.
- Around 537 million people are living with diabetes around the world.