

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



**415
MILLION**

adults are estimated to be living with diabetes worldwide²



About **1 IN 11** adults have diabetes worldwide²

Type 2 diabetes accounts for about **90% 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

A1C
<7%

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



Exercising



Eating a healthy diet



Maintaining a healthy weight

REFERENCES

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