what is diabetes

Diabetes is a chronic disease caused by the body’s inability to make enough or properly use insulin.1

Insulin is a hormone made by the pancreas. It acts like a key, unlocking cells so that glucose in the blood can enter and produce energy.1

The lack of insulin, or not being able to use it effectively, leads to raised blood glucose levels and can over the long term cause damage to organs and body tissue.1

type 1 diabetes

The body produces very little or no insulin. Type 1 diabetes develops most often in children or young adults.1

1,106,500 children and adolescents have type 1 diabetes.2

type 2 diabetes

The body does not produce enough insulin, or cells have stopped responding to it.1

90% of people with diabetes have type 2 diabetes.2

80% of type 2 diabetes cases can be prevented or delayed by adopting healthier lifestyles.4

complications

If untreated, diabetes can cause complications such as

- Cardiovascular disease
- Vision loss
- Kidney failure
- Lower limb amputation

risk factors for type 2 diabetes

- Family history of diabetes
- Overweight
- Unhealthy diet
- Physical inactivity
- Increasing age

425 million people have diabetes globally, two-thirds of whom live in urban areas1,3

It is estimated that 736 million will have diabetes by 2045.3

symptoms of diabetes1

- Thin
- Weight loss
- Tiredness
- Frequent urination
- Constant hunger

4. Inter.

}\}