

TALKING WITH YOUR DOCTOR ABOUT TYPE 2 DIABETES



Do you know the truth about diabetes?

425 million people, or 1 in 11 adults globally, have diabetes¹. Most are affected by type 2 diabetes, a chronic condition characterised by high blood sugar that can result in serious and life-threatening complications such as amputations, heart disease, kidney failure and vision loss.

Are you at risk?

A number of factors can make you more likely to develop type 2 diabetes, for example a family history of the disease, unhealthy eating, physical inactivity, smoking and excess weight. If you think you might be at risk, make an appointment with your doctor as soon as possible for a diabetes screening. It's important to get diagnosed early, before high blood sugar may have caused damage to your blood vessels.

Questions for your doctor

To help you prepare for your next doctor's appointment and make sure you ask the right questions and get the answers you need, please print out this quick guide and bring it with you when you see your doctor.

- 1 *Am I at risk for type 2 diabetes? Why?*
- 2 *Are there any symptoms of type 2 diabetes that I should look out for?*
- 3 *Does my weight put me at risk for type 2 diabetes?*
- 4 *What lifestyle changes can I make to reduce my risk for type 2 diabetes?*
- 5 *Do my blood pressure numbers and cholesterol levels put me at risk for type 2 diabetes or cardiovascular disease?*
- 6 *What complications can type 2 diabetes lead to?*
- 7 *If I develop type 2 diabetes, how can I avoid these complications?*

To learn more about type 2 diabetes, including how it is diagnosed and successfully managed, visit <https://www.novonordisk.com/patients/diabetes-care/type-2.html>

1. International Diabetes Federation. IDF Diabetes Atlas, 8th edn. Brussels, Belgium: International Diabetes Federation, 2017.