

DIABETES

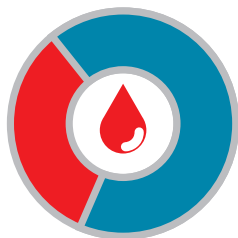
DIABETES IS
ON THE RISE



422 MILLION adults have diabetes

3.7 MILLION
deaths due to diabetes
and high blood glucose

1.5 MILLION
deaths caused
by diabetes



THAT'S 1 PERSON IN 11



Main types of diabetes



TYPE 1 DIABETES

Body does not produce
enough insulin



TYPE 2 DIABETES

Body produces insulin
but can't use it well



GESTATIONAL DIABETES

A temporary condition in
pregnancy

Consequences

Diabetes can lead to complications in many parts of
the body and increase the risk of dying prematurely.

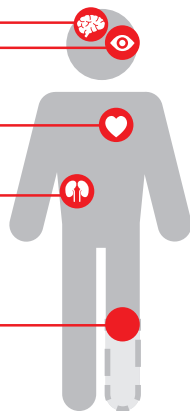
Stroke

Blindness

Heart attack

Kidney failure

Amputation



www.who.int/diabetes/global-report

#diabetes



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DIABETES

RISK FACTORS

Genetics, age and family history of diabetes increase the likelihood of Type 2 Diabetes, this cannot be changed...

Some behaviour that increase the risk:



Unhealthy diet



1 in 3 is overweight



Physical inactivity



1 in 10 is obese

KEY ACTIONS

FOR EVERYONE



Drop Sugar



Check Blood Glucose



MOVE!



Follow Medical Advice



Trim Down

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#diabetes



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