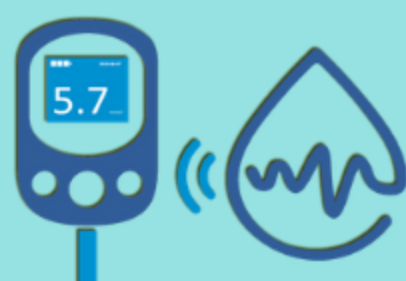


# DIABETES AFFECTS EVERY SOUTH AFRICAN.

## KNOW YOUR DIABETES NUMBER!

3 in 5 people with diabetes in South Africa are undiagnosed. And diabetes kills more people than TB, HIV and malaria combined. It is also the leading cause of death in South African women. This National Diabetes Month, know your diabetes number.



### COULD YOU HAVE DIABETES?

#### RISK FACTORS:

- Overweight or obese: Body Mass Index (BMI) over 25, especially excess fat around your 'tummy'.  
*Plus one or more of these factors:*
- Family history of diabetes
- High-risk ethnic group (Asian Indian, Coloured)
- Physical inactivity
- High blood pressure (over 140/90 mmHg) or cholesterol problems
- Cardiovascular (heart) disease history
- Diabetes during pregnancy or a baby over 4kg



**All adults over 45 years old should have an annual diabetes screening.**

If you're at risk, get screened this National Diabetes Month and you can start taking steps to a healthy future. Free screening is available at all public clinics and participating pharmacies across SA.



### DID YOU KNOW?

Although diabetes is a leading cause of heart attacks, stroke, eye disease (blindness), kidney failure and lower limb amputations, these potential complications can be prevented by making healthy choices.

### A HEALTHY FUTURE

There is a diabetes epidemic in South Africa, but together we can turn it around.

The first step is knowing your diabetes number: screening takes a few minutes and will tell you if you're at risk of developing diabetes.

If you're at risk, what should you do?

1. Get screened
2. Make healthy food choices
3. Get active
4. If you are diagnosed with diabetes, take your medication exactly as prescribed



**Together, we can work towards a healthy future for you - and your family. #KnowYourDiabetesNumber #DiabetesMonthSA**

