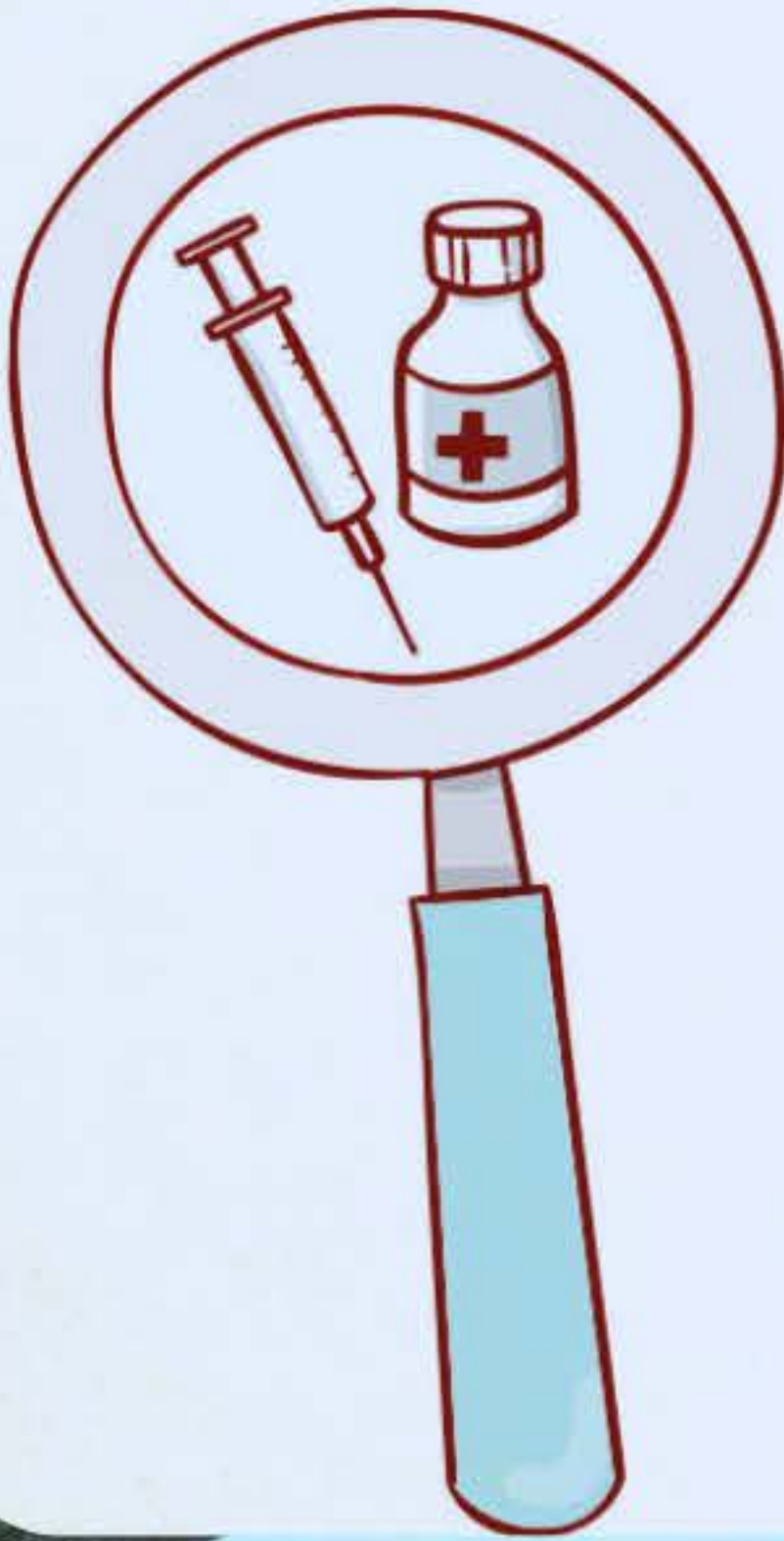




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TYPE 1 DIABETES QUICK FACTS

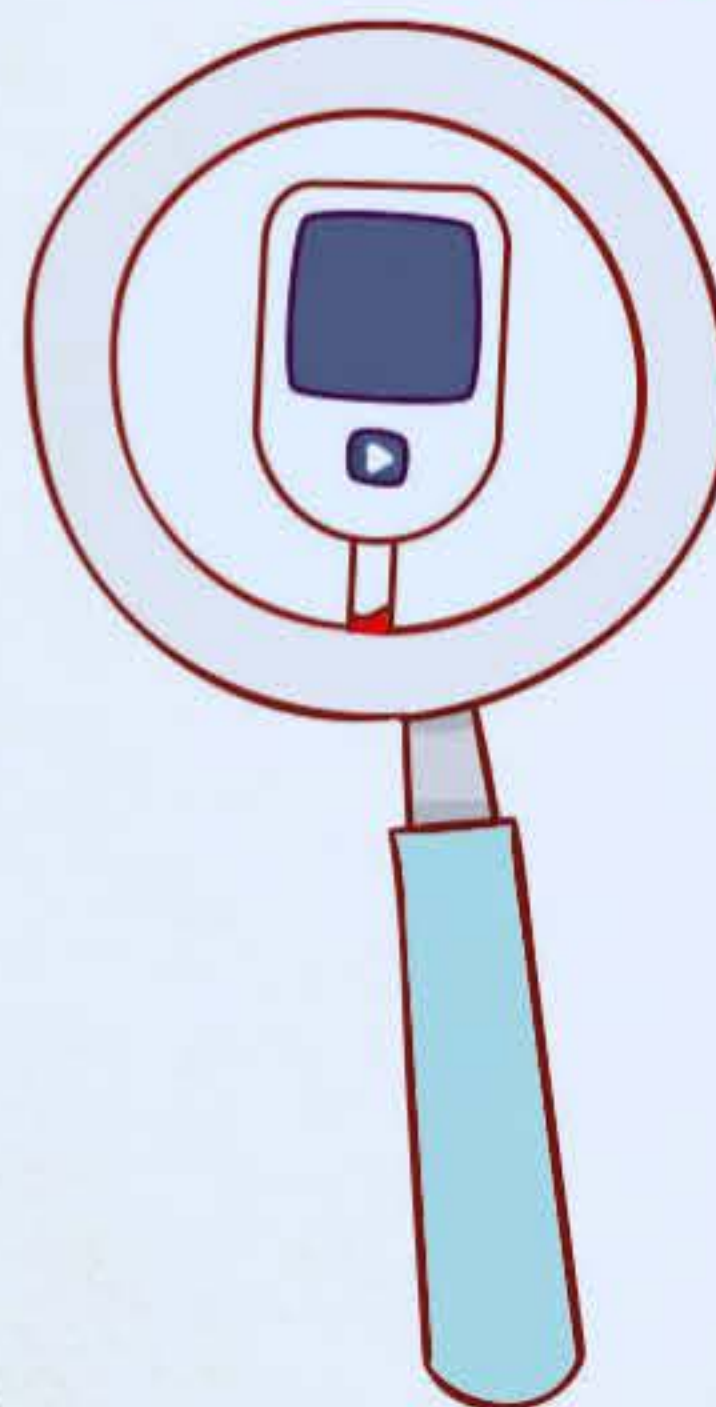
WHEN THE BODY DOESN'T
MAKE ENOUGH INSULIN



- MOST FREQUENTLY DIAGNOSED IN CHILDREN AND ADOLESCENTS
- CLASSIC SYMPTOMS: FREQUENT URINATION, THIRST, WEIGHT LOSS, TIREDNESS
- MANAGEMENT: DAILY INSULIN INJECTIONS, CONTROL BLOOD SUGAR, PREVENT AND DETECT COMPLICATIONS EARLY
- NOT PREVENTABLE

TYPE 2 DIABETES QUICK FACTS

WHEN THE BODY MAKES INSULIN
BUT CAN'T USE IT WELL



- MOST FREQUENTLY DIAGNOSED IN ADULTS
- CAUSED BY A COMBINATION OF FAMILY HISTORY AND FACTORS LIKE UNHEALTHY DIET AND LACK OF PHYSICAL ACTIVITY
- PREVENTABLE
- SYMPTOMS MAY BE SIMILAR TO THOSE OF TYPE 1 DIABETES (FREQUENT URINATION, THIRST, WEIGHT LOSS, TIREDNESS) BUT OFTEN DIAGNOSED WITHOUT SYMPTOMS
- MANAGEMENT: REGULAR INTAKE OF PRESCRIBED MEDICATION, CONTROL BLOOD SUGAR, PREVENT AND DETECT COMPLICATIONS EARLY

#UHCares

Source: WHO HEALTH ADVISORY



Trunkline: (046) 416 4531

- ★ UHC WEST (GMH 114) loc no: 3039
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm; Sat 8:00 am - 5:00 pm
- ★ UHC EAST (JFH 108) loc no: 3100
Mon - Thurs 10:00 am - 8:00 pm; Fri 11:00 am - 8:00 pm
- ★ UHC HS CLINIC loc no: 3304
Mon - Fri 7:00 am - 7:00 pm



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GESTATIONAL DIABETES QUICK FACTS

WHEN THE BODY DOESN'T MAKE ENOUGH
INSULIN DURING PREGNANCY



- TEMPORARY CONDITION IN PREGNANCY
- INCREASES RISK OF COMPLICATIONS DURING PREGNANCY AND DELIVERY
- INCREASES RISK OF TYPE 2 DIABETES FOR MOTHER AND CHILD
- DIAGNOSED THROUGH PRENATAL SCREENING, RATHER THAN REPORTED SYMPTOMS

HEALTHY LIFESTYLES FOR PEOPLE WITH DIABETES



EAT
HEALTHY



TAKE YOUR MEDICATIONS
REGULARLY AS PRESCRIBED
BY YOUR DOCTOR



BE PHYSICALLY
ACTIVE



AVOID HARMFUL
USE OF ALCOHOL



DON'T SMOKE

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