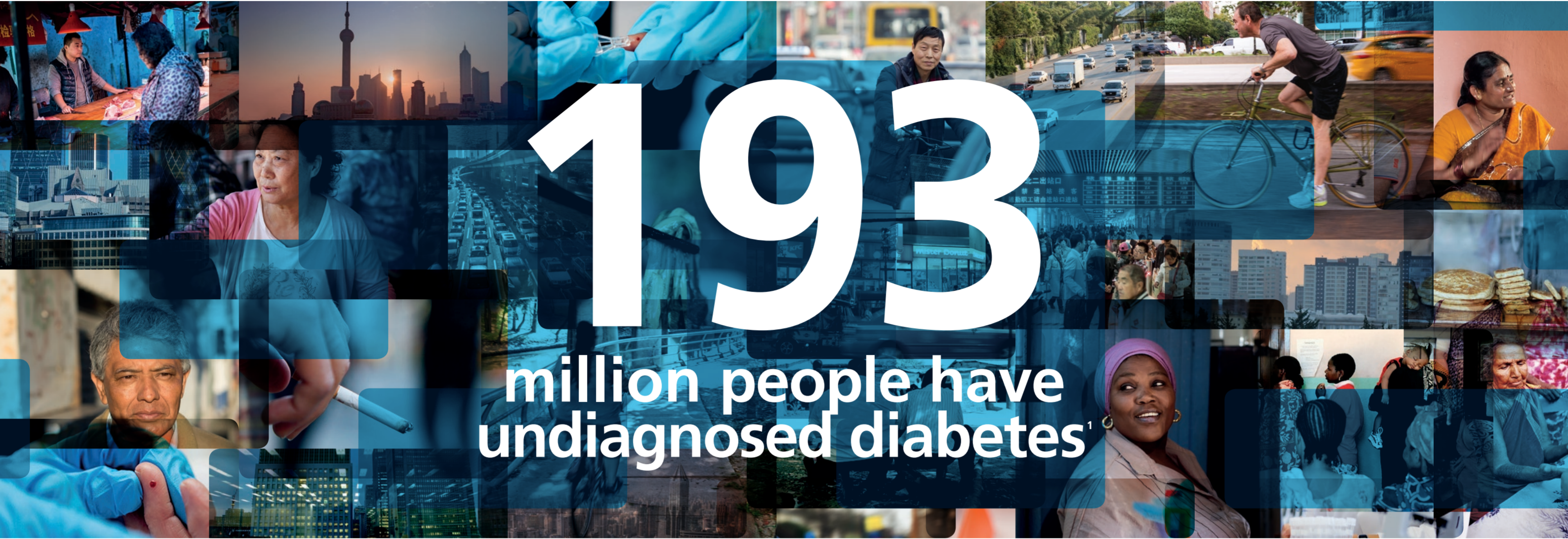




world diabetes day
14 November

are **you** at risk?



193

million people have undiagnosed diabetes¹

type 2 diabetes – what puts you at risk?



family history of diabetes



obesity



unhealthy diet



lack of exercise



smoking



diabetes during pregnancy

type 2 diabetes

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

up to 12 years

Can pass before people are diagnosed with diabetes – when complications are already present.²

complications

If untreated, diabetes can cause complications such as¹



heart failure



vision loss



kidney failure



loss of limbs

early diagnosis

is the starting point for living well with type 2 diabetes³

2/3 in cities¹

of people with diabetes live

It takes 2 minutes to **#KnowYourRisk**

Take the test today at novonordisk.com/WDD and find out if you or someone you know is at risk of type 2 diabetes

changing diabetes®



1. International Diabetes Federation. *IDF Diabetes Atlas*. 7th edn. Brussels, Belgium: International Diabetes Federation, 2015. 2. Harris MI, Klein R, Welborn TA, Knudman MW. Onset of NIDDM occurs at least 4–7 yr before clinical diagnosis. *Diabetes Care*. 1992;15(7):815–819. 3. WHO. *Global Report on Diabetes*. World Health Organization, 2016.