



world diabetes day
14 November

It takes 2 minutes to #KnowYourRisk

Take the test today at novonordisk.com/WDD to find out if you are at risk of type 2 diabetes

9 to 12 years can pass

before people realise that they have diabetes. By then, complications are already present.¹

type 2 diabetes

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

risk factors for type 2 diabetes²



family history of diabetes



overweight



unhealthy diet



physical inactivity



smoking

complications

If untreated, diabetes can cause complications such as²



heart failure



vision loss



kidney failure



loss of limbs

early diagnosis

is the starting point for living well with type 2 diabetes³

2/3

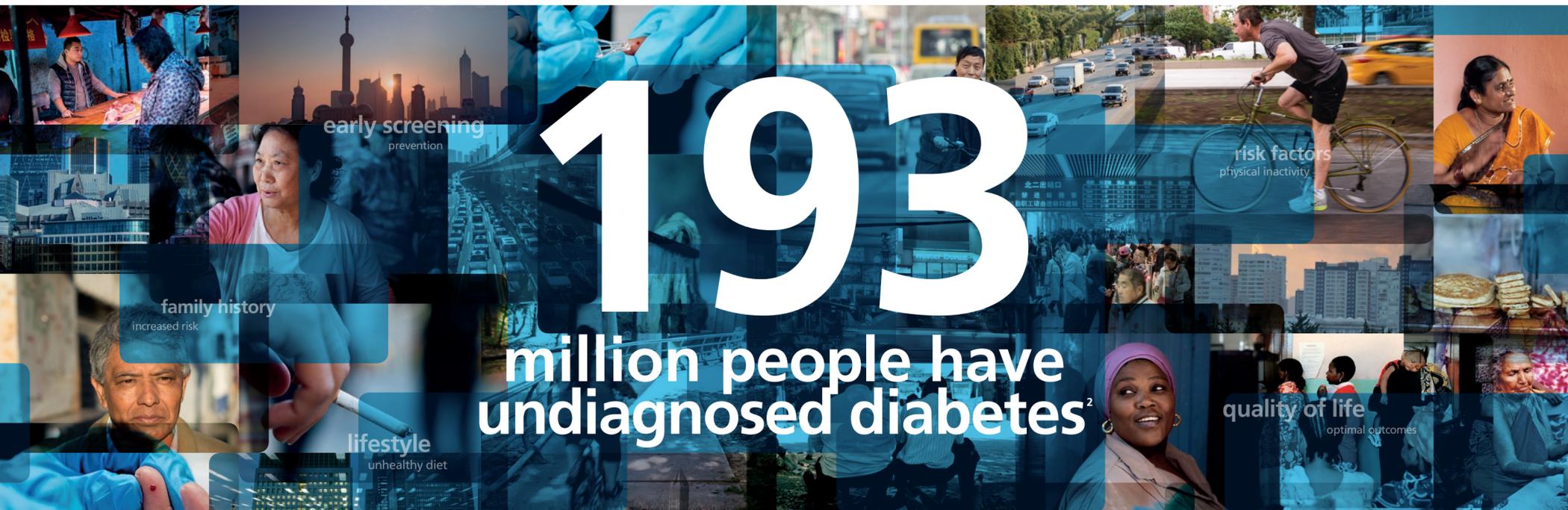
of people with diabetes live in

urban areas²

1. 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.

2. International Diabetes Federation. *IDF Diabetes Atlas*. 7th edn. Brussels, Belgium: International Diabetes Federation; 2015.

3. WHO. *Global Report on Diabetes*. World Health Organization; 2016.



193

million people have undiagnosed diabetes²

are you one of them?