

*Did you know that **66.7%** of people living with **Type 2 diabetes in Africa** are **undiagnosed**¹?*

*Are you at risk of **Type 2 Diabetes**¹?*



45 or older?



Overweight?



**Physically inactive/
unhealthy lifestyle?**



**Family history
of diabetes?**

The following are also risk factors for Type 2 diabetes:

- High blood pressure
- High cholesterol
- A family history of heart disease
- Gestational diabetes or a baby born bigger than 4kg's

Diabetes can cause serious complications if left untreated²!

Remember: You can have Type 2 diabetes even if you have no symptoms such as blurred vision, frequent urination and extreme thirst¹.



If one or more of the earlier risk factors discussed apply to you or a loved one ask your doctor or clinic nurse for a blood sugar screening test!

Type 2 diabetes can be managed by making some lifestyle changes and following these guidelines¹:



Always follow your doctor or diabetes educators advice



Exercise regularly



Test your blood sugar using the Accu-Chek Structured Testing Tool found at www.accu-chek.co.za



STOP smoking



Follow a healthy eating plan



Ensure regular check-ups of your eyes and feet

Act Today to Change Tomorrow

For more information please visit our website: www.accu-chek.co.za

 AccuChekSubSahara

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Reference 1: 2017 SEMBA Guidelines for the Management of Type 2 diabetes
Reference 2: King P, Peacock J, Donnelly R, The UK Prospective Diabetes Study (UKPDS): clinical and therapeutic implications for type 2 diabetes. J Clin Pharmacol. 1999; 48: 683-688

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