

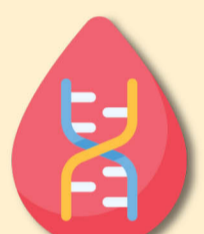
HEALTHY LIVING

KNOW YOUR HEALTH

DIABETES EDITION

Let's put your knowledge on Diabetes to the test!

The risk of developing _____ and _____ can be reduced with the right lifestyle changes.



TYPE 1

Type 1 Diabetes



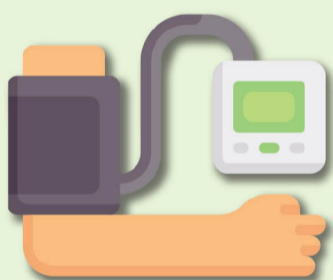
TYPE 2

Type 2 Diabetes



Pre-diabetes

What are some factors that may increase the risk of developing Type 2 Diabetes?



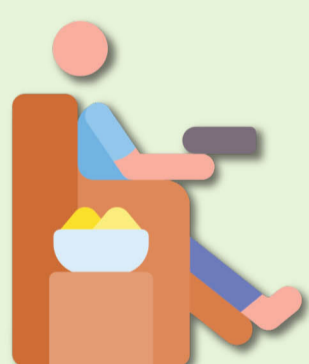
High blood pressure



Aged 40 years and above



Have a parent or sibling with diabetes



Have an inactive lifestyle

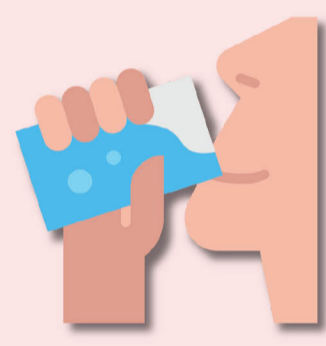


Eating too much nuts and seeds

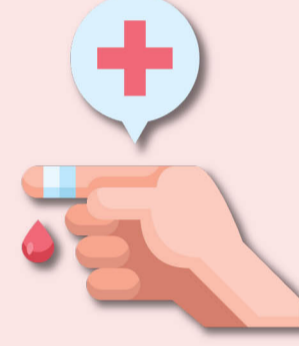


Have a BMI of 23kg/m² or higher

What are some possible symptoms of Type 2 Diabetes?



Constant thirst



Poor healing of cuts and wounds



No symptoms



Unexplained weight loss

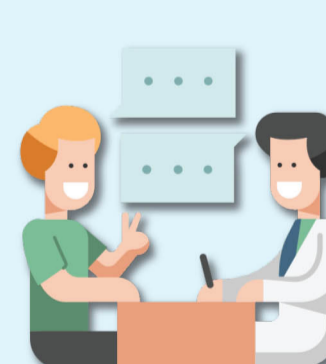


Insomnia (Difficulty sleeping)

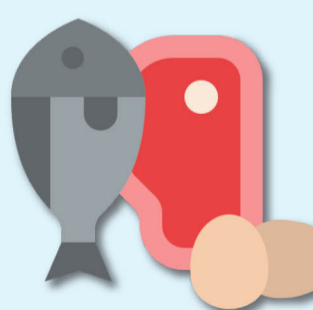


Frequent passing of urine

What are some actions that you can take to beat Type 2 Diabetes?



Go for regular health screenings



Reduce protein intake



Adopt an active lifestyle and limit your sugar intake



Take the Diabetes Risk Assessment and find out if you are at risk of developing Diabetes.
<https://go.gov.sg/dra-nuhs>



Visit our Health Library to find out more about Diabetes.
<https://for.sg/health-library>

HEALTHY LIVING KNOW YOUR HEALTH DIABETES EDITION

Let's put your knowledge on Diabetes to the test!

ANSWER SHEET

The risk of developing ____ and ____ can be reduced with the right lifestyle changes.

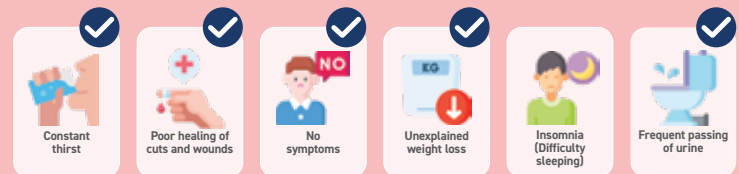


Type 1 Diabetes is usually inherited and cannot be prevented.

Type 2 Diabetes often affects people aged 40 and above who are overweight and physically inactive.

Pre-diabetes occurs when blood sugar levels are higher than normal but not high enough to be diagnosed with Type 2 Diabetes.

What are some possible symptoms of Type 2 Diabetes?

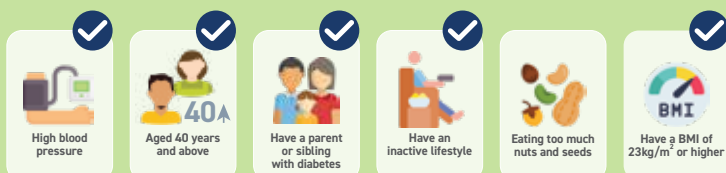


Aside from these symptoms, **other signs** of Type 2 Diabetes may include:

- + Blurred vision + Tiredness + Constant hunger
- + Itchy skin, especially around genital area

For some, they may not know that they have diabetes because there are **no symptoms**. Thus, going for **regular health screening is essential** to detect diabetes early and manage it before complications arise.

What are some factors that may increase the risk of developing Type 2 Diabetes?



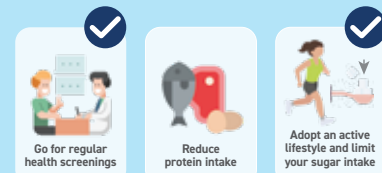
Eating nuts and seeds (e.g. almonds and chia seeds) in moderation can help regulate blood sugar levels and reduce the risk of developing Type 2 Diabetes.

Other risk factors include:

- + Obesity
- + History of gestational diabetes (diabetes while pregnant)
- + Pre-diabetes

You can take control of your health by adopting a balanced diet, regular exercise, and an active lifestyle.

What are some actions that you can take to beat Type 2 Diabetes?



Protein (e.g. lean meats, eggs, tofu, nuts, and seeds) is **crucial for a balanced diet**, especially for people with diabetes. It digests slower than carbohydrates, preventing blood sugar spikes and keeps you feeling full longer. This helps to prevent overeating and promote weight management.

Regular health screenings, an **active lifestyle**, and **limiting sugar intake** are crucial for early detection and management of Type 2 diabetes.