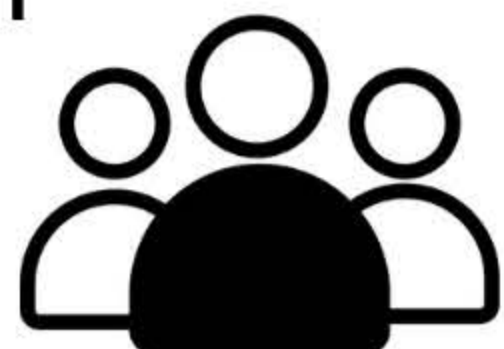


MIND OVER DIABETES

Are you at RISK of getting diabetes?

How common is diabetes?

About **one in three** Singaporeans has a lifetime risk of developing diabetes, according to the Ministry of Health (MOH).



You are at higher risk of diabetes if you:



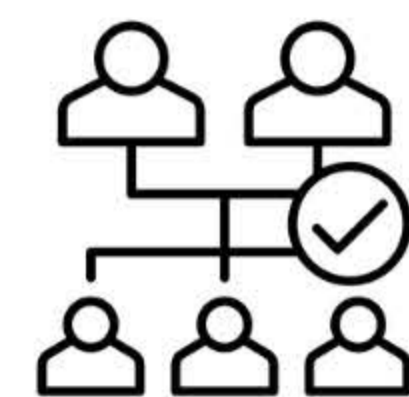
Have a BMI value of 23 or higher



Lead a physically inactive lifestyle



Are over 40 years old



Have a sibling or parent who has diabetes



Have high blood pressure



Have history of gestational diabetes



Have high cholesterol or abnormal lipid levels



Have impaired glucose tolerance and/or impaired fasting glucose

What is Type 2 diabetes?

Type 2 diabetes is the most common form of diabetes in Singapore and can be **prevented and managed** by making **healthy lifestyle** choices.



What is prediabetes?

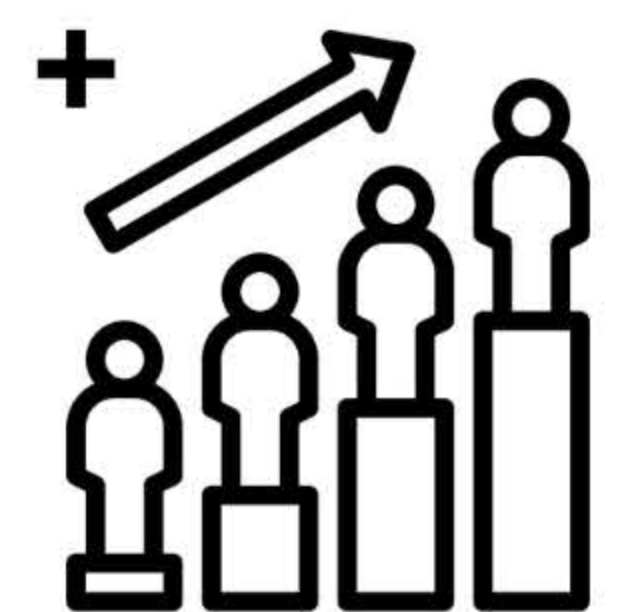
When your blood sugar levels are **higher than normal** but not high enough to be diagnosed with diabetes.



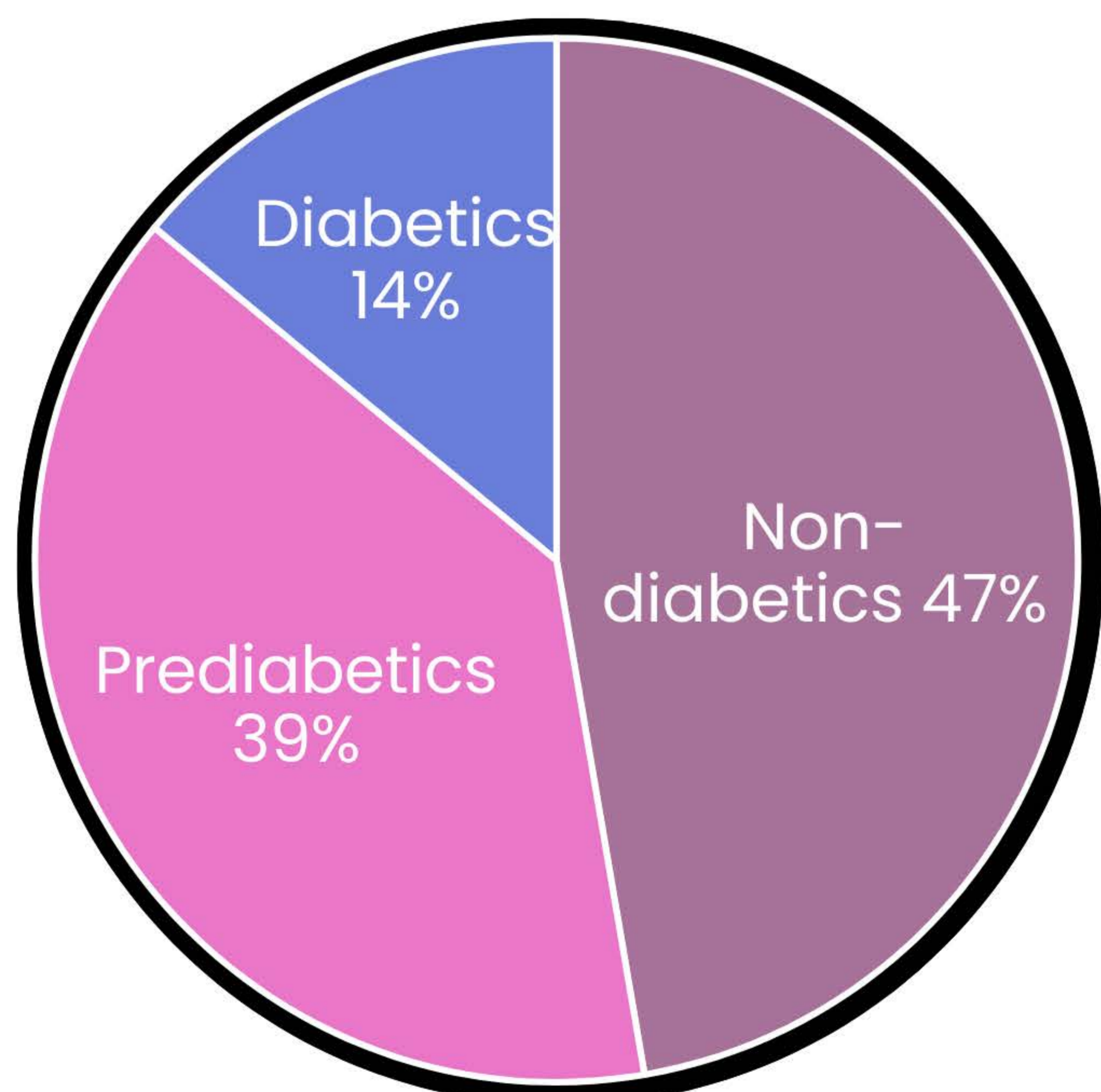
Why is prediabetes dangerous?

Having prediabetes puts you at an **increased risk** of Type 2 diabetes.

Without lifestyle changes, at least **35%** of persons with prediabetes in Singapore will progress to Type 2 diabetes over 8 years.



How vulnerable are you in getting diabetes?



70.8%

of prediabetics are 50 years and older

42.8%

of non-diabetics are 50 years and older

28.3%

of prediabetics have high BMI (≥ 27.5)

18.2%

of non-diabetics have high BMI (≥ 27.5)

30.0%

of prediabetics are 50 years and older

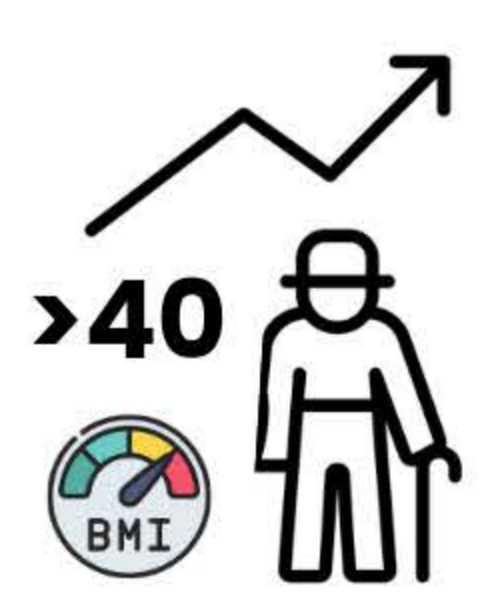
40.9%

of diabetics are 50 years and older

Almost **40%** of those who attended Diabetes Singapore's health screenings may actually be **prediabetic!** They tend to be **older**, have **higher BMI**, and are more likely **male**.



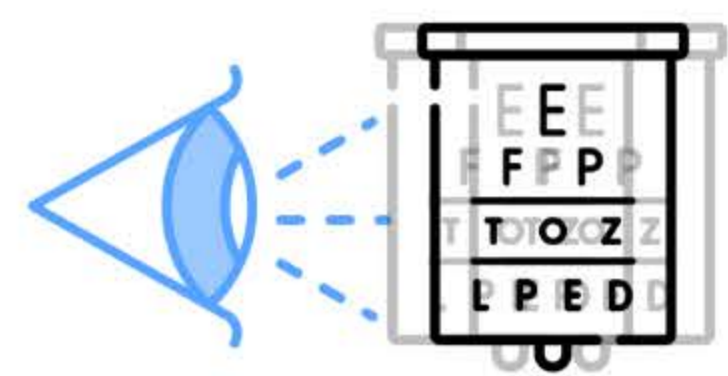
Download the Diabetes Perception Report



MIND OVER DIABETES

Symptoms and complications of diabetes

What are some symptoms of diabetes?



Blurred vision



Feeling hungry all the time



Feeling thirsty despite drinking lots of water



Frequent urination



Losing excessive weight



Poor healing of wounds and/or infection



Feeling tired and weak



Numbness in hands or tingling in arms and/or legs

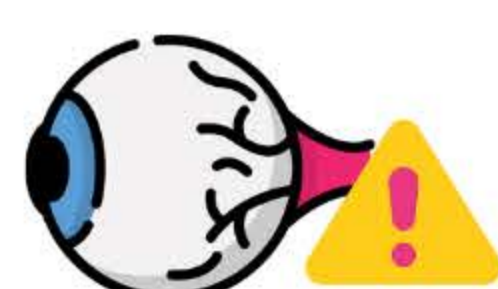


Feeling of nausea and/or vomiting

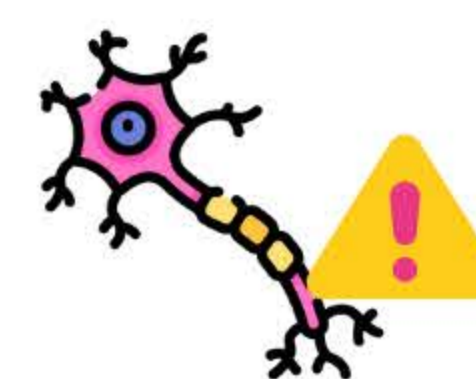
What are some complications of diabetes?



Heart Attack & Stroke
(Cardiovascular Disease)



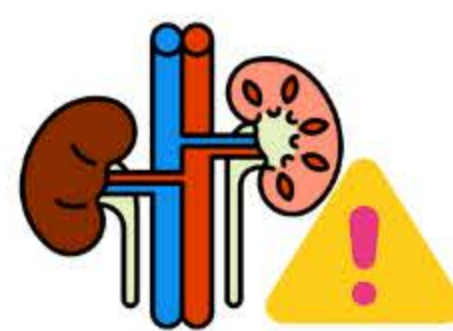
Damage of the blood vessels of the retinal
(Diabetic retinopathy)



Nerve Damage
(Neuropathy)



Hypoglycemia
(Dangerously low blood sugar levels)



Kidney Disease or Kidney Failure
(Nephropathy)



Peripheral Arterial Disease (Reduced blood circulation)



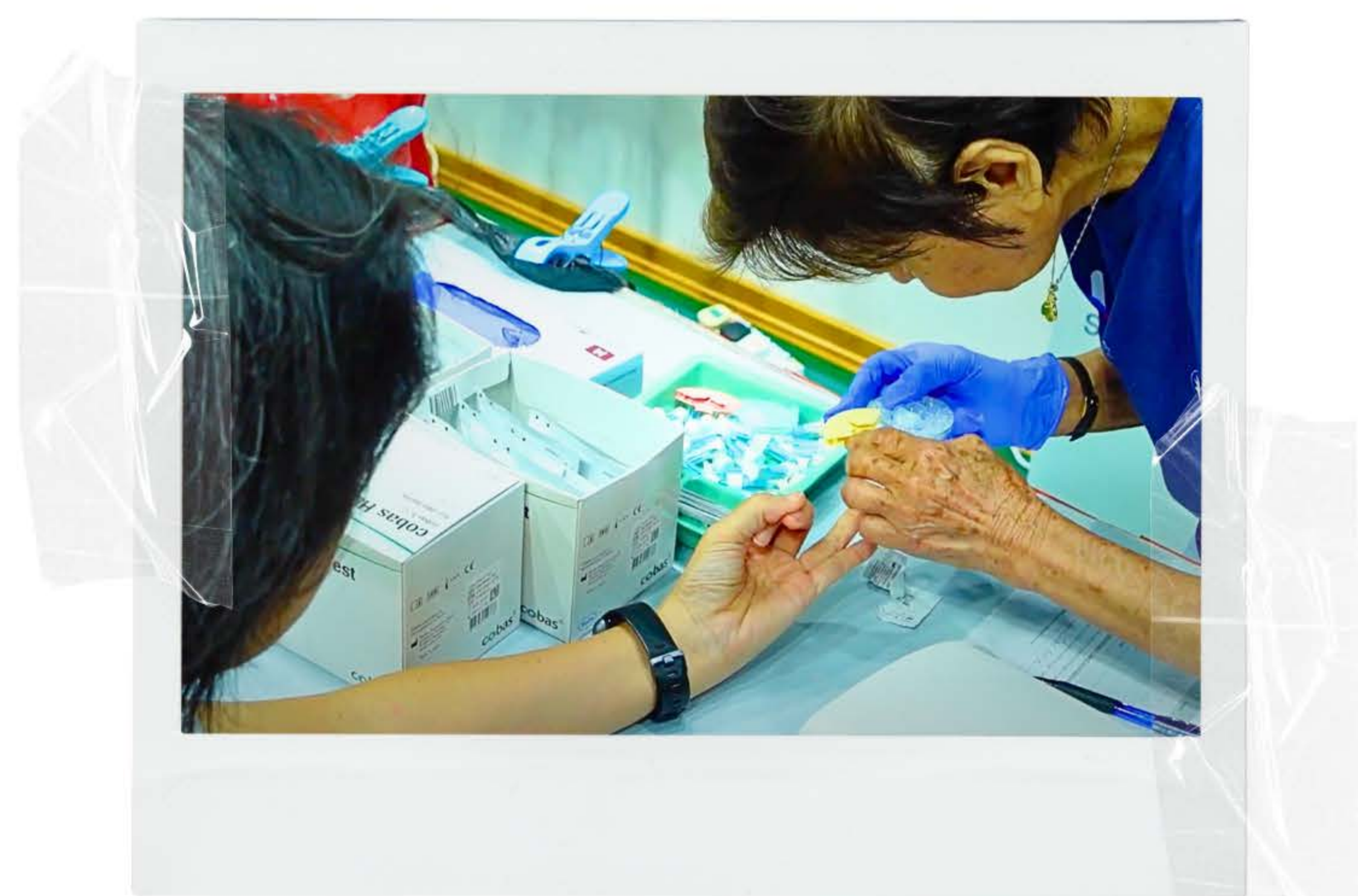
Foot Complications
(Foot ulcers, infections, amputations)

Other complications include:

- Alzheimer's (Type of dementia)
- Depression (Mood disorder)

What should I do to find out if I am at risk of diabetes?

To accurately test if I am at risk of diabetes, it is important to go for regular **health screenings**.
Let's prevent diabetes together!



Scan to find out more!



Diabetes Singapore:
Health Screenings



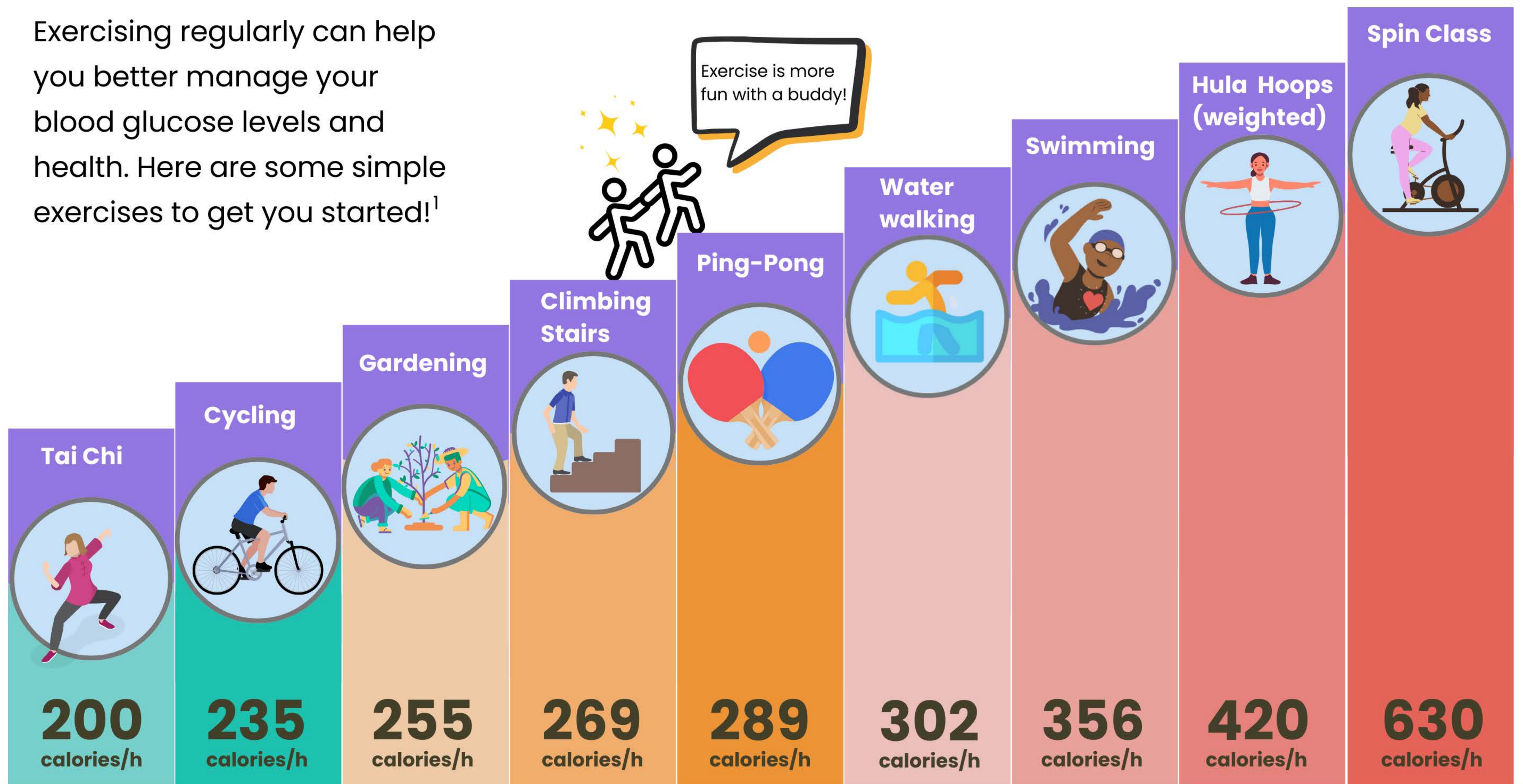
Health Hub: Pocket
Diabetes Guide

MIND OVER DIABETES

Whether you're prediabetic or not, here are some actions you can take to manage and care for your health!

Simple exercises you can do to improve and maintain your physical health

Exercising regularly can help you better manage your blood glucose levels and health. Here are some simple exercises to get you started!¹



Adopt a growth mindset to help lower your blood glucose levels

1 What is a growth mindset?

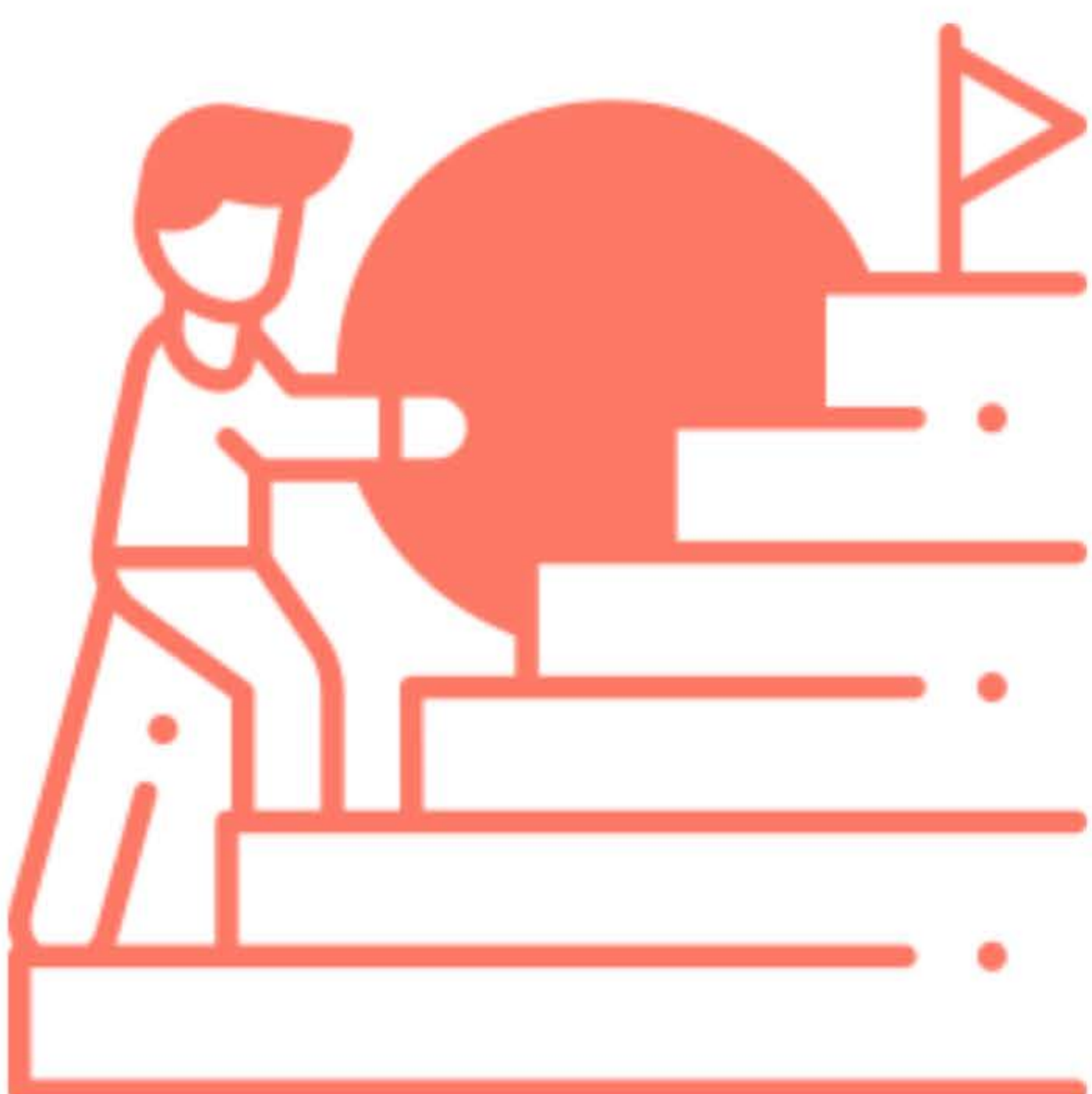
A growth mindset helps people with Type 2 diabetes/prediabetes believe that with **effort**, their health can get better. It encourages them to see managing diabetes as an **ongoing process** and not something they're stuck with.

2 How does a growth mindset help lower or maintain blood glucose levels?

This mindset makes it easier to stay **motivated**, even when things don't improve right away, and to **learn from setbacks** rather than feel discouraged. By **staying positive** and **trying new ways** to manage their condition, people are more likely to keep their blood sugar under control and improve their overall health.

3 How to adopt a growth mindset

- Start by making **small, manageable** changes to your daily routine, focusing on progress rather than perfection.
- Embrace challenges as **learning opportunities** and remember that setbacks are part of the process.
- Surround yourself with **supportive people** who can share their experiences and tips.
- **Celebrate** your efforts, no matter how small, and remind yourself that **improvement** is possible with **persistence** and an **open mind**.



Scan to find out more!



Study: Mindsets and self-efficacy beliefs among individuals with Type 2 diabetes.