NOVEMBER 14
WORLD DIABETES DAY
Over 50% of type 2 diabetes is preventable

ROYAL CARE
making life better

RISK FACTORS

- Family history of diabetes
- BMI >23.0 kg/m²
- Inactive lifestyle
- High blood pressure
- Abnormal cholesterol/lipid levels
- History of gestational diabetes
- ≥ 40 years old
- Impaired glucose tolerance or impaired fasting glucose

PROTECT YOUR FAMILY