

NOVEMBER

14

WORLD

DIABETES

DAY

Over
50%

of type 2 diabetes
is preventable

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ROYAL CARE

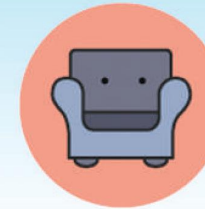
making life better



Family history
of diabetes



BMI
 $\geq 23.0 \text{ kg/m}^2$



Inactive
lifestyle



High blood
pressure



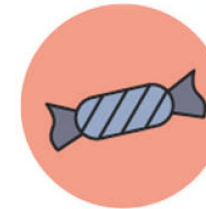
Abnormal
cholesterol/lipid
levels



History of
gestational
diabetes



≥ 40 years
old



Impaired glucose
tolerance or impaired
fasting glucose

PROTECT YOUR FAMILY