



QUALITY
FOR YOUR HEALTH –
MADE IN GERMANY

Taking Control of Type 2 Diabetes

Over time, type 2 diabetes can affect many parts of the body. The good news is that many complications can be prevented or delayed, if you:

1.

LIVE A HEALTHY LIFESTYLE



Stay active



Limit alcohol



Don't smoke



Eat a
balanced diet



Maintain a
healthy weight

2.

KEEP EVERYTHING WELL CONTROLLED

- Keep your **blood sugar** (HbA1c) within your **target range**, and avoid severe highs and lows
- Keep your **blood pressure** under **control**
- Keep your **cholesterol** under **control**

3.

GET REGULAR HEALTH CHECKS

Regular check-ups help detect problems early – before they cause permanent damage.

Talk to your doctor about the recommended examinations for you.

4.

WATCH FOR EARLY WARNING SIGNS

Vision changes

Shortness of breath

Loss of feeling

Chest pain

Persistent pain

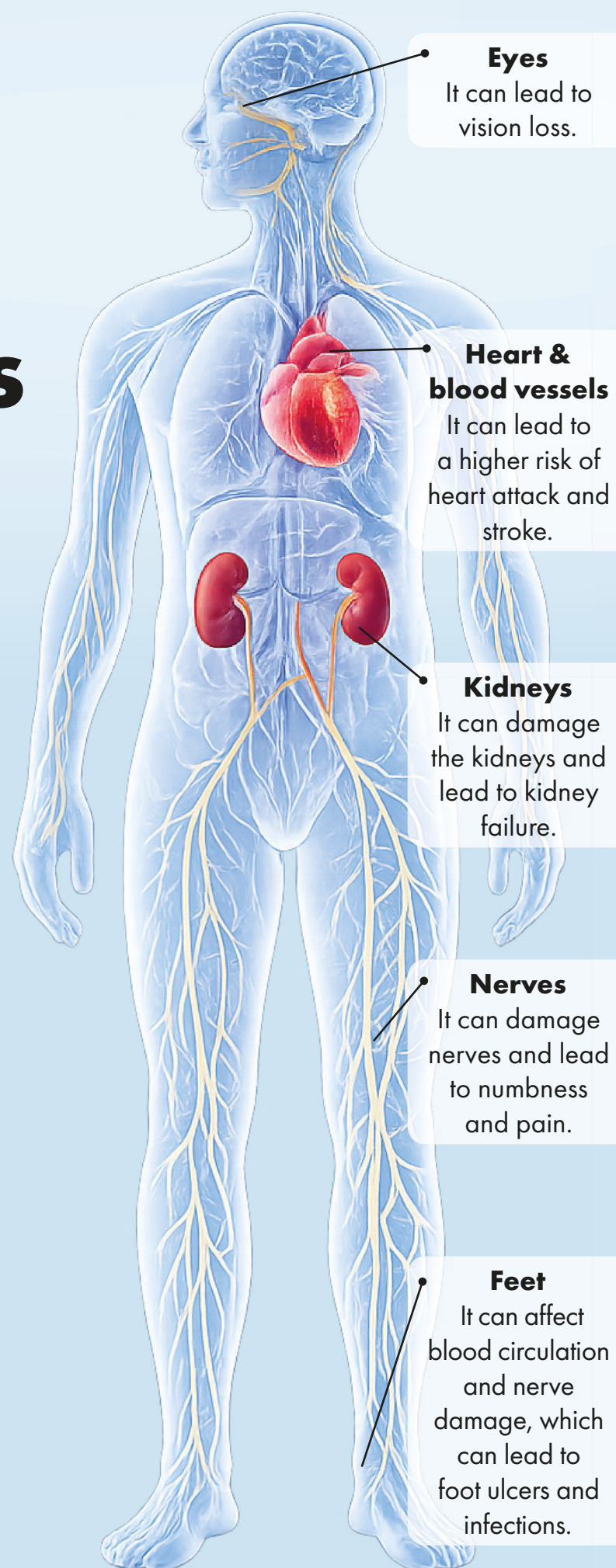
Swelling

Foot wounds

Unusual fatigue

Tell your doctor if you notice any of them.
Do not wait until symptoms become severe.

How Type 2 Diabetes can affect your Body:



Denk Pharma – Trusted by doctors, chosen for you.

Sources: 1) World Health Organization. Diabetes. Fact sheet, 2024. | 2) Centers for Disease Control and Prevention. Diabetes.



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