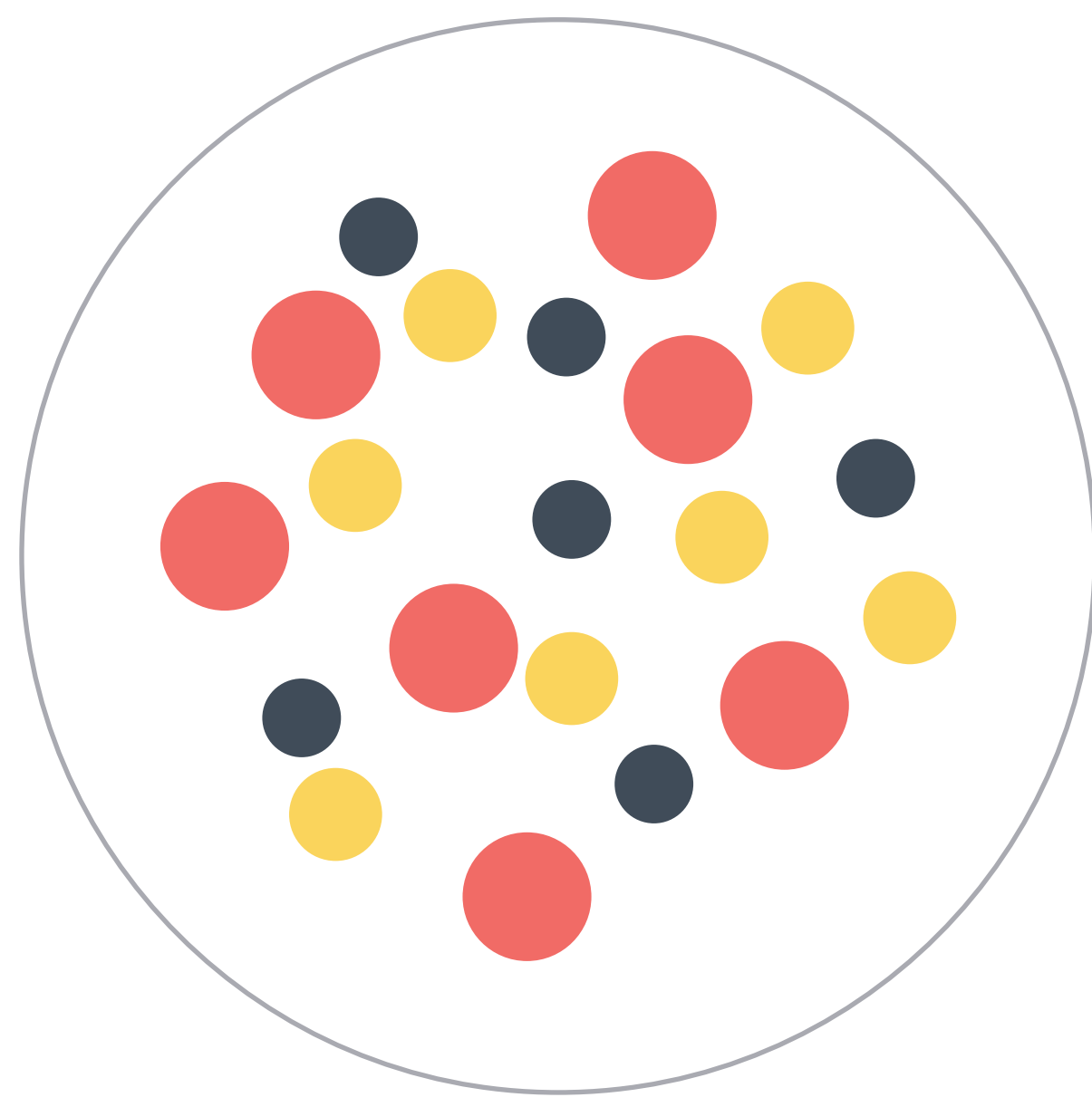


DIABETES



Type 1

- No insulin is produced due to damaged pancreatic cells.
- Usually diagnosed in children or young adults although it can occur at any age.
- Insulin is needed for treatment.



Type 2

- Insulin produced is not enough or not effective.
- Occurs more frequently in people > 40 years old, particularly, obese & physically inactive individuals
- Control with proper diet & exercise on top of medications.



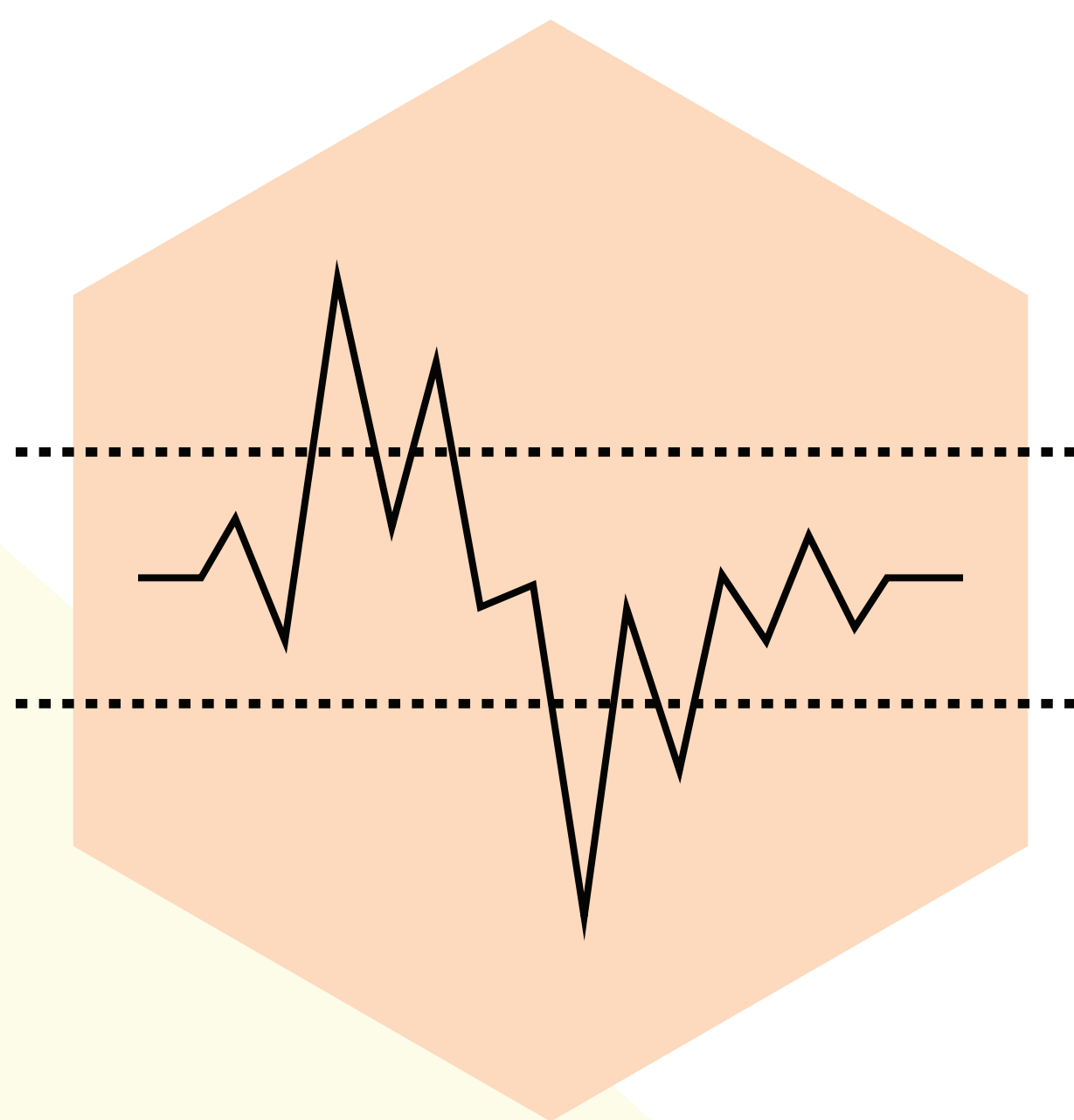
Gestational

- Occurs in 2-5% of all pregnancies.
- Needs specialised care to avoid serious complications to the unborn baby.

Why is monitoring blood sugar important?



Understand how different factors affect blood sugar levels



Identify blood sugar levels that are high or low for timely intervention



Monitor the effect of diabetes medications on blood sugar levels



Track progress in reaching overall treatment goals

Interpreting Your Sugar Levels

Type of Test	Normal	Pre-Diabetes	Diabetes
Fasting Glucose	< 6.1 mmol/L	6.1 - 6.9 mmol/L	> 7 mmol/L
2 hour plasma glucose level after oral glucose tolerance test (OGTT)*	< 7.8 mmol/L	7.8 - 11.0 mmol/L	> 11 mmol/L



Speak with your Pharmacist for advice on diabetes management, lifestyle changes, and recommended strategies to help keep your blood glucose in check!

