

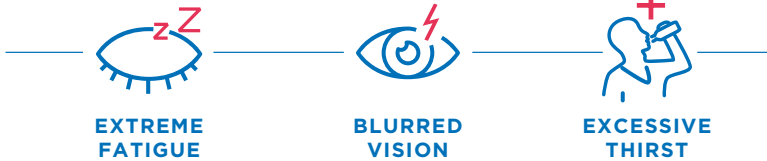


**HAVE YOU BEEN PRESCRIBED
MEDICATION FOR TYPE 2 DIABETES?**

WHAT IS TYPE 2 DIABETES, AGAIN?

Type 2 diabetes is a common, chronic condition. It causes the **levels of sugar in your blood to get too high**.^{1,2}

When your blood sugar gets too high, you may experience³:



**EXTREME
FATIGUE**

**BLURRED
VISION**

**EXCESSIVE
THIRST**

YOUR DOCTOR HAS PRESCRIBED YOU MEDICATION TO HELP CONTROL YOUR DIABETES.



The first step toward managing your condition is to make simple diet and lifestyle changes. It's important to **eat healthily** and **exercise regularly**.⁴



However, sometimes **these changes aren't enough** and **medication is needed** to keep your type 2 diabetes under control.⁴



But don't worry, **a lot of people end up needing to take medication**.

MEDICATION
WORKS BY
REDUCING^{1,2}:

The risk of complications



Your blood sugar levels



TAKING YOUR MEDICATION IS IMPORTANT: IT HELPS REDUCE THE RISK OF POTENTIALLY SERIOUS COMPLICATIONS.^{1,2}



BY TAKING YOUR MEDICATION,
YOU HELP REDUCE THE RISK OF:

CARDIOVASCULAR DISEASE

Over time, high blood sugar levels can lead to heart problems.¹



1 in 3 people
with type 2 diabetes
(worldwide) have
cardiovascular disease.⁵

KIDNEY DISEASE

Over time, high blood sugar can make it difficult for your kidneys to do their job.^{1,2}



≈40% of people
with type 2 diabetes
(worldwide) will develop
kidney disease.⁶

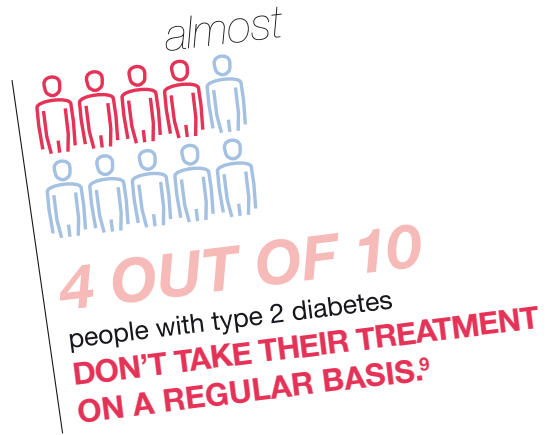
BLINDNESS

Blurred vision is a common symptom of type 2 diabetes. If it isn't treated properly, it can lead to blindness.^{2,7}



≈900,000 people
worldwide went blind
in 2020 due to diabetes
(among those aged 50 years
old and above).⁷

BUT MANY PEOPLE STRUGGLE TO TAKE THEIR MEDICATION ON A REGULAR BASIS.⁸⁻¹⁰



**Within
2 years**

**OF THEIR FIRST PRESCRIPTION,
LESS THAN 50% OF PEOPLE WITH
TYPE 2 DIABETES CONTINUE
TO TAKE THEIR MEDICATION.⁹**

up to[†]
50%

Among those who aren't keeping their condition under control:
have uncontrolled type 2 diabetes because they are
not taking their medication.³

^{*}20-30% of new prescriptions are never filled at the pharmacy.

[†]The Centers for Disease Control and Prevention (CDC) estimates that non-adherence causes 30-50% of chronic disease treatment failures.

IF YOU ARE STRUGGLING TO TAKE YOUR MEDICATION, TALKING TO YOUR DOCTOR WILL HELP.^{9,10}



YOUR DOCTOR WILL:

1

Help you better **understand your medication** (and your condition).¹⁰

2

Make sure you're involved when deciding what treatment is right for you.¹⁰

3

Give you tips and tricks to help you remember to take your medication.¹⁰

TIPS AND TRICKS THAT CAN HELP YOU REMEMBER TO TAKE YOUR MEDICATION

Set an **alarm** on your phone.



Pair up your medication with **daily activities** (eg, take it after you brush your teeth!).



Use a **pill box** with slots for the medication to take each day.



Put **sticky notes** in strategic places!



MISS OUT ON YOUR TREATMENT?
MISS OUT ON ALL THE FUN!



#ACTNOWFORDIABETES

Any questions?

Please note down any questions you have for your doctor here.

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