



WHAT IS WORLD DIABETES DAY ?

It is celebrated on November 14 every year to raise global awareness about diabetes. The key message in 2023 is “KNOW YOUR RISK, KNOW YOUR RESPONSE”.

WHY THE BLUE CIRCLE USED TO REPRESENT DIABETES?

The blue circle is the global symbol for diabetes awareness, signifying the unity of the global diabetes community in its joint response to address and raise awareness. The blue represents the color of the sky, and the circle is a symbol of unity.

HOW WE CAN CELEBRATE WORLD DIABETES DAY?

- Exercise in blue on November 14th
- Share your pictures on social media with #WorldDiabetesDay
- Join a workshop and learn with your peers about diabetes
- Talk to your family doctor or primary care provider for personalized guidance on diabetes prevention and management

MYTHS ABOUT DIABETES

MYTHS
FACTS

YOU CAN CATCH DIABETES JUST LIKE FLU,
COLD OR COVID-19?

MYTH

Diabetes is not contagious. You can't catch diabetes like flu, cold, or COVID-19.



IF THERE IS NO FAMILY HISTORY OF DIABETES, A PERSON
DOES NOT HAVE TO WORRY ABOUT DEVELOPING DIABETES?

Family history is one of several risk factors for type 2 diabetes



FACT

YOU DON'T HAVE TO BE OVERWEIGHT OR OBESE TO
DEVELOP TYPE 2 DIABETES?



Around 20% of people with T2DM are at a normal weight and some can actually be underweight

FACT

I WAS TOLD I HAVE 'BORDERLINE DIABETES' SO
I DON'T NEED TO WORRY ABOUT MY BLOOD SUGARS

"Borderline Diabetes" or "Borderline Blood Sugars" refers to a condition known as prediabetes, which indicates that one's blood sugar levels are higher than normal but not elevated enough to be classified as Type 2 diabetes.

MYTH



MYTHS ABOUT DIABETES

I CAN'T REALLY HAVE DIABETES, I HAVE NO SYMPTOMS!

MYTH

Many people with diabetes have no symptoms. You can have diabetes for many years and not know it. Often called a "silent disease," diabetes can develop in people without initially producing symptoms.



MY HEALTH CARE PROVIDED STARTED ME ON INSULIN THERAPY, THAT MEANS I FAILED AT MANAGING MY BLOOD SUGARS'

MYTH

Requiring insulin therapy for optimal blood sugar control is not a direct measure of one's efforts on managing their blood sugars.



WOMEN WITH GESTATIONAL DIABETES WILL ALWAYS DEVELOP TYPE 2 DIABETES.

MYTH

While studies have shown that women who develop gestational diabetes during pregnancy are at higher risk of developing type 2 diabetes in their future, it is not always the case.



I WHAVING CERTAIN HEALTH CONDITIONS (HIGH BP, HIGH CHOL, PCOS, SCHIZOPHRENIA, DEPRESSION, ETC) CAN INCREASE YOUR RISK OF DEVELOPING DIABETES?



Unfortunately, living with certain chronic and mental health conditions can increase the risk of type 2 diabetes development due to insulin resistance in the body.

FACT