



Over 5 Million UK Adults Have Diabetes

But nearly 850,000 of these people don't know it

Every week, diabetes leads to 184 amputations, more than 770 strokes, 590 heart attacks and 2,300 cases of heart failure.

In most cases, type-2 diabetes can be prevented with some simple lifestyle changes.

Are you at risk? Take the Diabetes UK Online Risk Calculator - it only takes a few minutes.

Scan the QR code, or visit:

<https://riskscore.diabetes.org.uk/start>

