

QUICK FACTS ABOUT DIABETES

96 MILLION

U.S. ADULTS HAVE PREDIABETES



8 in 10 of them don't know they have it

More than

37 MILLION

PEOPLE IN THE U.S. HAVE DIABETES



1 in 5 of them don't know they have it

DIABETES IS THE **7TH** LEADING CAUSE OF DEATH IN THE U.S.

More than

680 THOUSAND

PEOPLE IN ARIZONA HAVE DIABETES



That's **12.5%** of the adult population

HERE'S WHAT TO WATCH OUT FOR:

BLURRY VISION



CUTS/BRUISES

that are slow to heal



HIGH BLOOD SUGAR



THIRSTIER

and going to the bathroom often



ALWAYS TIRED

and experiencing extreme fatigue



WEIGHT LOSS

even though you're eating more (type 1)



TINGLING/PAIN

or numbness in the hands or feet (type 2)



Uncontrolled diabetes can lead to serious complications



Stroke



Heart disease



Kidney disease



Vision loss



Nerve damage

OUR TEAM IS HERE TO CARE FOR YOU

If you've been diagnosed with prediabetes or diabetes, don't lose hope. The healthy choices you make today can positively impact your future. Find answers to your questions and the support you need from the HonorHealth Diabetes Center. We'll develop an education care plan designed just for you.

Visit [HonorHealth.com/diabetes](https://www.honorhealth.com/diabetes) or call 480-323-4921.