

UNCONTROLLED DIABETES AND EXCESS WEIGHT

LEADS TO FURTHER COMPLICATIONS

^{2,3,4,5,6,7}

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Dear Doctor,
PwD losing 5-10% body weight is 3.5 times likelier to lower A1c by 0.5%, promoting a healthier body, and averting complications and CVDs.

5-10% weight reduction for PwD made them 3.5 times more likely to **lower their A1c by 0.5%**^{2,3}

>15%
Weight Loss

10-15%
Weight Loss

5-10%
Weight Loss

0-5%
Weight Loss

T2DM remission, reduced mortality due to CV events

CVD, fatty liver, sleep apnea, OSA, NASH

Prevention of diabetes, elevated cholesterol, PCOS, fatty liver

High blood pressure and blood glucose

This is a model and not a patient

Not a real patient. The images of person depicted are for illustration purposes only

PwD - People with Diabetes | T2DM - Type 2 Diabetes Mellitus | CVD - Cardiovascular disease | CV - Cardiovascular | OSA - Obstructive sleep apnea | NASH - Non-alcoholic steatohepatitis | PCOS - Polycystic ovary syndrome

Reference: ¹3.9 years 1. Kianmehr H et al. JAMA Netw Open. 2022 Apr 1;5(4):e22770.

² Wing et al. Diabetes Care 2011 Jul;34(7):1481-6. ³ Garvey WT et al. Endocr Pract 2016;22(Suppl. 3):1-203.

⁴ Lean ME et al. Lancet 2018;391:541-51. ⁵ Benraoune et al. Curr Opin Cardiol 2011;26:555-61.

⁶ Sundström J et al. Circulation 2017;135:1577-85. ⁷ Carbone S. Prog Cardiovasc Dis. 2019 Jul-Aug;62(4):327-333.