

ABBOTT SUGAR SURVEY

1500 adults with uncontrolled diabetes*¹

302 caregivers

60 doctors

18-65 age group

8 cities

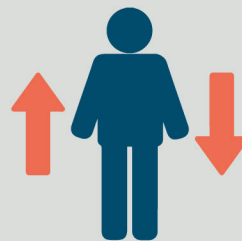


9 out of 10 people with uncontrolled*¹ diabetes believe their blood sugar is actually under control



54% of respondents experienced at least one complication because of poor blood sugar control

According to studies, poor glycemic control puts people at increased risk of complications² including nerve problems (24.6%), cardiovascular complications (23.6%), kidney problems (21.1%), eye problems (16.6%) and foot ulcers (5.5%)³



Among those who face complications, **fluctuating glucose levels** is the biggest issue faced and feared

Reasons for non-compliance to diabetes management

I forget to take medicines



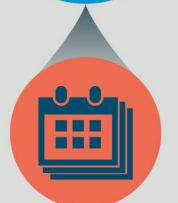
I do not exercise



I do not eat right



People with diabetes, doctors and caregivers consider **monitoring sugar levels** as a key factor in control and management of diabetes



However 50% of respondents monitor their sugar levels **only once in three months**

Guidelines recommend that people with type 2 diabetes who have an HbA1c above target or who are uncontrolled monitor their blood sugar levels at least 2 times a day⁴



Despite this lack of testing, **40%** of the respondents said that they adjust the dose of their medicines themselves to manage their diabetes



1 in 3 respondents experienced hypoglycemia [low blood sugar] or hyperglycemia [high blood sugar]



More than 75% of respondents worry about recurrence, especially in the age group of 35 and above

Hypoglycemia is a condition characterized by abnormally low blood glucose (blood sugar) levels, usually less than 70 mg/dL.⁵

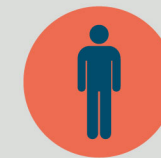
When blood sugar values are above target, i.e Fasting Blood Glucose higher than 130 mg/dL and greater than 180 mg/dL 2 hours post meal, it is denoted as hyperglycemia⁶

50%

More than 50% of people with diabetes (mostly females) believe that diabetes has impacted their personal life



Women are more aware about the impact of diabetes than men



Men with diabetes believe the condition impacts professional life due to exhaustion and fatigue