

Diabetes

- Type 2 diabetes (also referred to as diabetes mellitus) is the most common type of diabetes. [Learn more.](#)
- Having diabetes increases the risk for having a heart attack or stroke by 2-3 times. It can also lead to other complications, including blindness, kidney failure, etc. [Learn more.](#)
- People of South Asian origin (from countries including India, Pakistan, Bangladesh, Nepal and Sri Lanka) are 3 to 5 times more likely to develop type 2 diabetes than people from other parts of the world. [Learn more.](#)
- Diabetes is PREVENTABLE, and the risk for developing it can be reduced by living a healthy lifestyle. [Learn more.](#)
- Being overweight or obese and not being physically active markedly increases the risk of developing diabetes. [Learn more.](#)
- Until recently, type 2 diabetes was only seen in adults. However, it is now being seen increasingly in children and teenagers as well. This is likely due to the epidemic of childhood obesity and inactive lifestyles. Developing healthy habits from childhood is very important. [Learn more.](#)
- SANSAR can help you find out what your risk is for developing diabetes and heart disease, and can help you reduce that risk. [Learn more.](#)