

## TYPE 2 DIABETES

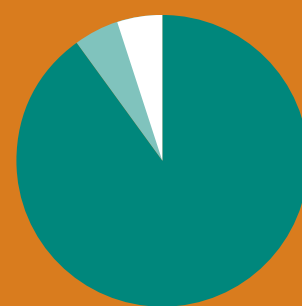
# FOCUS ON LOWERING A1C

### UNDERSTANDING TYPE 2 DIABETES AND A1C

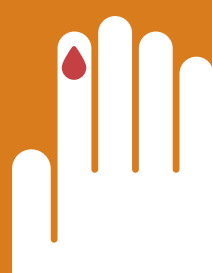


Nearly  
**30 MILLION**  
Americans have diabetes

Between  
**90-95%**  
have type 2 diabetes



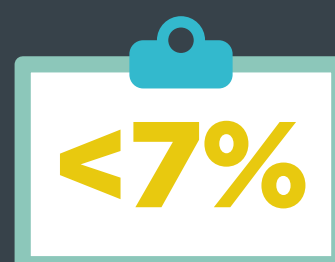
Type 2 diabetes is a chronic condition that is characterized by the presence of abnormally high blood sugar levels



It occurs as a result of either the body being unable to use insulin effectively and/or the body not being able to produce enough insulin



A1C is a measure of a person's average blood sugar level over the past 2 to 3 months



The recommended A1C for many adults with diabetes is <7%\*

\*The general goal of <7% appears reasonable for many adults with diabetes. More or less stringent A1C goals may be appropriate for other patients

### A1C: AN IMPORTANT PART OF DIABETES MANAGEMENT

High blood sugar levels over time can put people with diabetes at risk for many serious health problems, including:



Heart disease



Stroke



Kidney disease



Blindness



Nerve problems

People with type 2 diabetes can help reduce their risk of serious complications by setting individual goals to help manage the ABCs of diabetes: that's A for A1C, B for blood pressure and C for cholesterol

### DIABETES MANAGEMENT



Blood sugar control continues to be a challenge for patients with diabetes

**Around one-third** of adults in the U.S. living with diabetes are not achieving their A1C goal

Early and appropriate treatment intervention may help people with diabetes control their blood sugar



### A WORD FROM DR. SAM ENGEL

*“Diabetes is one of the most serious chronic health challenges we face today, and at Merck, it is one of our company's top therapeutic priorities. The fight against diabetes is not an easy undertaking, but I am confident that important progress is being made. I am proud to be part of a research team that is committed to helping patients with diabetes achieve their A1C goal.”*



**Dr. Sam Engel**, Associate Vice President, Merck Clinical Research, Diabetes and Endocrinology

#FOCUSONA1C