

382 million people have diabetes, with ONE PERSON from the disease every SIX SECONDS

Worldwide, more than Despite these shocking statistics **OF PEOPLE WITH** TYPE 2
DIABETES

Novartis Pharma AG partnered with leading medical experts to conduct a global survey of 337 physicians and 652 people with type 2 diabetes mellitus

people with type 2 diabetes do not

(T2DM) to examine the main reasons why reach blood sugar goals.3,4* Only one third (36%) of Only 2 in 5 people with type 2 diabetes exercise more after physicians expect people with type 2 diabetes to make lifestyle changes diagnosis to reach following diagnosis blood sugar goals Half of physicians agree that Following diagnosis, two thirds (63%) of people with type 2 diabetes say they understand the using two or more therapies early is important to control **Only half (51%)** blood sugar levels and importance of blood sugar goals of people with type 2 decrease the risk of complications diabetes make dietary changes after diagnosis Yet, physicians only expect half (52%) of people with type 2 diabetes to reach blood sugar goals** Less than half of physicians (49%) believe people with type 2 diabetes will take their T2DM medication as instructed Only 3% of people with type 2 diabetes fully understand the risks of hypoglycemia Developing vision problems is the leading concern for people with type 2 diabetes, with half More than 9 out of 10 (92%) physicians discuss the risks and complications of T2DM at diagnosis.. saying it is their biggest fear Only 1 in 5 (21%) people with type 2 diabetes say heart disease is their top Yet, only half of people with type 2 diabetes recall the topics being discussed concern RISKS AND COMPLICATIONS

For more information on this survey and T2DM, please contact sandra.waite@novartis.com

Time 2 Do More in Diabetes™ was a global survey of physicians and people with type 2 diabetes, conducted by Novartis Pharma AG in collaboration with Dr. David Strain, Royal Devon & Exeter Hospital, UK and Prof. Matthias Blüher, University Hospital Leipzig, Germany.

- *The survey was fielded in the U.S., UK, Japan, Brazil, India and Spain
- **Physicians were asked to make their assessment based on an average 50 year old person with

- 1. International Diabetes Federation. IDF Diabetes Atlas sixth edition, 2013. http://www.idf.org/diabetesatlas/introduction. Accessed November 14, 2013.
- Brown JB et al. Secondary failure of metformin monotherapy in clinical practice. Diabetes Care 2010;33(3):501-50.
 Strain WD et al. Time 2 Do More: Addressing Clinical Inertia in the Management of Type 2 Diabetes Mellitus. Diabetes Research and Clinical Practice 2014, Dol: dx.doi.org/10.1016/j.diabres.2014.05.005
 Time 2 Do More in Diabetes survey. Novartis data on file 2013.

