

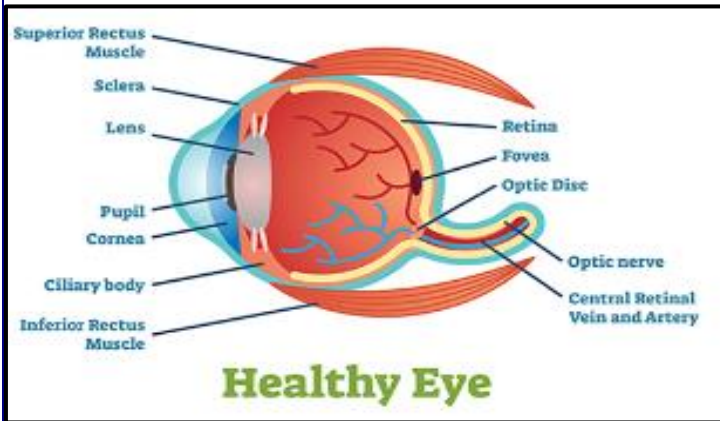
Zion International Missions Ministry

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TIME FOR A CHECK-UP

Diabetic retinopathy is an eye disease caused by diabetes. People with diabetes can have an eye disease called diabetic retinopathy. This is when high blood sugar levels cause damage to blood vessels in the retina. If you have diabetes, talk with your primary care doctor about controlling your blood sugar. High blood sugar damages retinal blood vessels. That causes vision loss.



Source: American Academy of Ophthalmology Continued on page 1

World Heart Day- September 29, 2022

Cardiovascular disease (CVD) is the world's number one killer, causing over 18.6 million deaths per year. CVD is a class of diseases that affect the heart or blood vessels (veins and arteries). Of these deaths, 85% are due to coronary heart diseases (ex.-heart attacks) and cerebrovascular diseases (ex-strokes) and mostly affect low- and middle-income countries.

Source: <https://world-heart-federation.org/world-heart-day>



Share of People Vaccinated against Covid-19

Vaccination overview

From [Our World in Data](#) · Last updated: 2 days ago

Belize

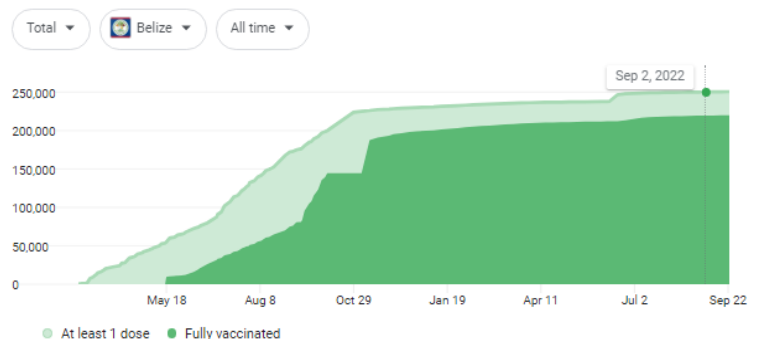
Doses given	Fully vaccinated	% of population fully vaccinated
500K	220K	55.3%

Worldwide

Doses given	Fully vaccinated	% of population fully vaccinated
12.7B +2.13M	4.94B +229K	63.4%

Vaccinations

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THIS ISSUE:

Diabetic Retinopathy and Eye Health Tips

World Heart Day 2022

Share of People Vaccinated against Covid-19 (Belize)

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