

!

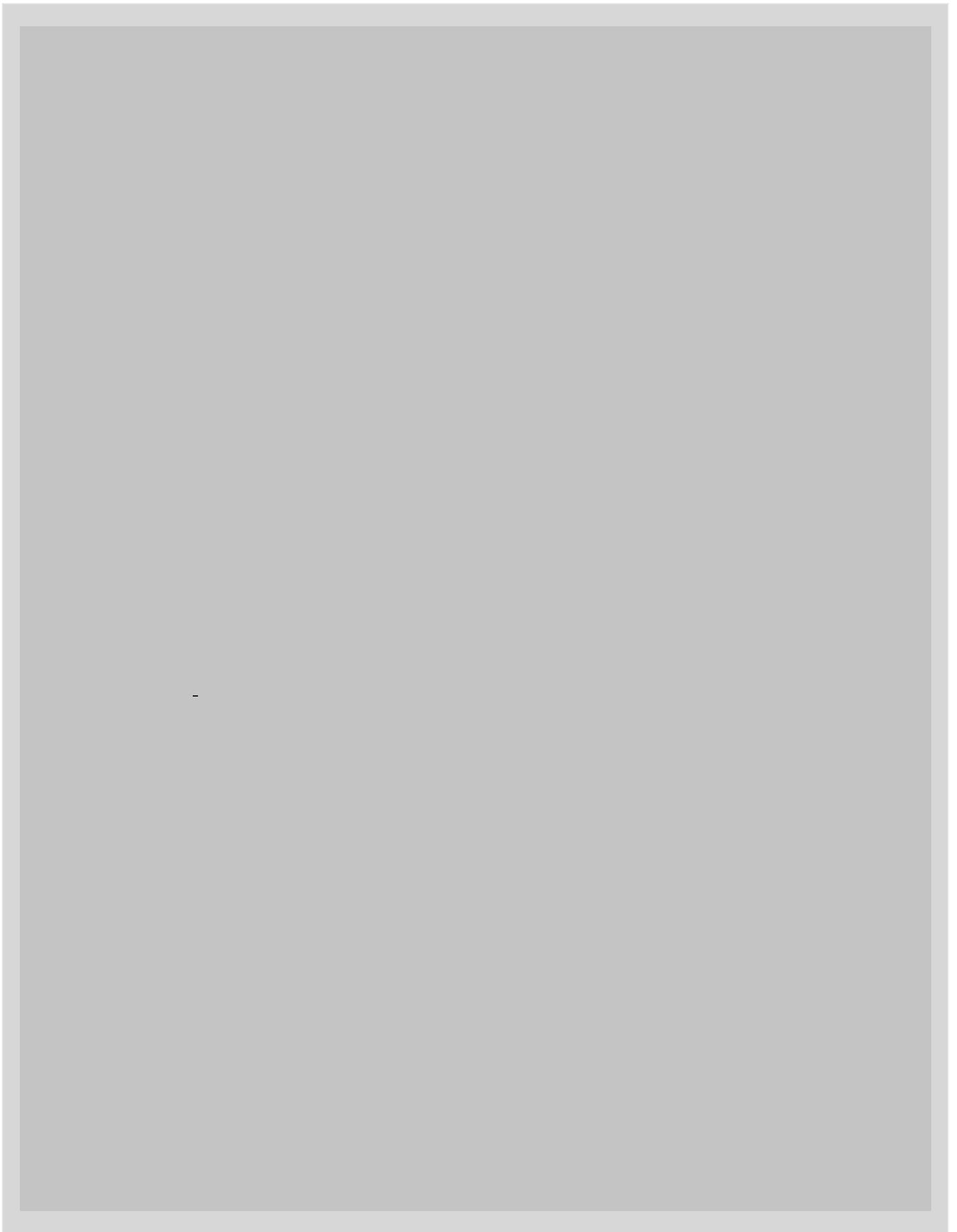
+34561789 :+

2E"E!G(?%-<,!' -,%>#B)!/ ,+=-<?+%):!X+#3C\$, .:!' `!89aD!Z-\$5\$H)+
2EJ;G(?%-<,!' -,%>#B)!/ ,+=-<?+%):!X+#3C\$, .:!' `!89aD!I3-C+?%<)!
&E"E+G(?%-<,!

- GT%-,?+=-!. -=-5\$;C-,%!\$4!6k6!&\$>!(, .!#\$55(O\$<(%+=-!(H<--C-,%?!
- A--5\$;- .!^+?+%+,H!"#3\$5(<!1<\$H<(C!4\$<!#3\$\$5?!(, .!#\$CC>,+%)!\$<H(+d(%+\$,?!
1<\$H<(C!A--5\$;C-,%!
- &E"E

Q, ?%+%>%- .!#\$C ;<-3- ,?+!=-!#<(.5- !%\$!H<(-!?!>. - ,%!;<\$H<-?!%<(#B+,H!4\$<!?!>. - ,%!(. =+?+,H!(, .!?!>##-?!
Q, ?%+%>%- .!*>, +\$<!5=-5!@<+%+,H!(, .!?!; --#3!#\$><?-!+, !C\$?!C(*\$<?!%\$!3-5;!?!>. - ,%!(<-<!?!>##-?!

M(#+5+%(-. !H<\$@%3!\$4!\$, -!\$4!%3-!5(<H-?%!#\$C ;>%-<!?#+-, #-!;<\$H<(C?!+, !%3-!?(%-(, .!#\$>, %<)!</p></div>



!

pI\$,=-<%+,H!;5(?%+#?:!%+<-?!@(?%-!\$+5?!(. .!5>0<+#(,%?!+,%\$4>-5?!?>+(05-4\$<|>?-!+,!.+<-?<5H-, -<(%\$<?!
4\$>, .!\$,4\$@(<.!\$;-<(%+,H!0(?-?q:!K(<=-)!2>3<!YK+W0-#[!F!"#\$%&# ' ()! / I &[:!N-\$, (<.!V\$\$.!
Q,?%+%>%-!YN VQ[!:_#%\$0-<! \;!677DE!4>, . - .!hi9a:777E!

!

!

A<E!"#\$%&#B()!
1(H-!]

! _<0+(5!&(; ;+,H:!/ XI!Z<(, %:!A-#-C0-<!8a:!677]:!h67R\!:!4>, .-.E!

! J<%?!(, .!"#+-, #-?!I<-(%+=-L"#3\$5(<?3+;!J@(<.:!"#\$%&!GE!&# ' (!:!I -, %<(5!&+??\$><+"%(-! / ,+=-<?+%)!V (<<- ,?0><H:!!&_!]i79\!:!A-#-C0-<!677]:!4>, .-.E!h6R77E!

! ?I5M'"#\$%&!GE!&# ' (!:!1AJWZ<(, %:!I -, %<(5!&+??\$><+"%(-! / ,+=-<?+%)!V (<<- ,?0><H:!!&_!]i79\!:! _#\$0-<!]:!677]! hRR7!4>, .-.E!

K; 0\$\$&'?*\$2(780-LM')*\$'; 0\$\$0'B==&*\$\$(2\$0'; 0/&87M'I -, %<(5!&+??\$><+"%(-! / ,+=-<?+%)! V (<<- ,?0><H:!!&_!]i79\!:!_#\$0-<!R:!!677]!!h!677!

?+&8(&.:+:7'!"80/#8(6\$'. \$8*+47:!"#\$%&'()*!1GIWZ<(,%:!I-,%<(5!&+??\$><+!

t"@-,?\$,!^ Jb!tN+,-,:!Nfb!t&\$\$.)!2b!tf>,%>,-,:!KNb!&#B():!"Gb!2-><C(,,:!"b!K\$, \$><!Xb!
K(5-:!XIb!^+.-(>:!1b!Z())5\$<!&_E!^\$5(%+5-!1<\$4+5,H!\$4!"-@-(H-!"5>.H-!2+\$?5\$.?N(, .WJ ; ;5+- .!
+,!A+=-<?-!2+\$C-?!\$4!V(?3+,H,\$,! "%(-!Y / " J[E!Q, ! ;<- ; (<(%+\$, !4\$<!>0C+??+\$, !%\$! ? *\$2 +7=*\$0\$'
T-' . /0#*'U'E, @AE'

pG, =+<\$, C-, % (5! J, (5) ?+?!\$4!" @+##3H<(??!\$, !"\$5q!Z-C-:!ZEb!A\$0?\$, Wf\$, -?;! IEb!K(H-, 3\$44:!2Eb!
&# ' () : ! " EGE! / , +=-<?(5!f\$><, (5!\$4! I 3-C+?%) : ! ^ \$5E \ Y \ [: ! ; ; E98W9D!A_Qc!
87E8 \ 8a9L>*#E678RE7 \ 7 \ 76!

J3C- .!&!&+%<(!J : !&# ' () ! : ! K\$??(+, !&! : lu J ! 2<+-4!X-=-@!\$4!V\$. W15(?%#! I \$C ; \$?+%-?!(, . !
1\$??+05-! / ?-!\$4!">#3! I \$C ; \$?+%-?!(?!&(B+, H! \ A!1<+, %<!M+5(C-, %P:!03-! I \$C ; \$?+%-?!(, . !
J .=(, #- .!&(%<+(5?!GT; \$!YI J & e [!678i : ! _<5(, . \$!MN : ! _#%\$0-<!8 \ W8]!

J3C- .!&!v3(, H! I : !&# ' () ! : ! " 3+<?(% ^ : ! ' 3(, !f : !p J, !Q, =-?%+H(%+\$, !\$4!&-%3(, -! I \$C0>?%+\$, !+, !
J!X-##(, H>5(<! "3(; - .!&-?%! I 3(C0-<q! : 1<\$#-- .+, H!\$4!%3-!J " &G!678i!Q, %<, (%+\$, (5!
&-#3(, #(!G, H+, --<+, H! I \$, H<-??!(, . !GT; \$?+##\$, : !&\$, %<-(5 : ! I (, (. (!US=-C0-<8iW67! : 678i!

2+\$4>-5c! J, !(5%-<, (%+=-!%\$!4\$??+5!4>-5!4\$<!(55-=(+%, H!@<\$!.-, -<H)(, . !-#\$, \$C+##<+?>-?!23(%<(+ : !
' E : ! "% (5+#B : ! VE : !&# ' () : ! " E : ! Z-C- : ! ZE : ! 23(%<(+ : ! UE : ! f\$><, (5!\$4!G, =+<\$, C-, % (5! "#+ , #-!(, . !
K-(5%3 : ! 1 (<! J : ! UVRR : ! ! i] : ! 8i6iW8i i6E!

U(=+H(%+, H!%3-! I 3(55-, H-?!\$4!Q, %<- .+?# ; 5+, (<)!X-?-(<#3!+, !%3-! / , .-<H<(.>(%-!"#+-, #-?c! J, !
/ , .-<H<(.>(%-!13)?+?!"%>. , %P?!1-<?; -#%+=- : !X\$0-<! VE!N(?35-- : ! "#\$%&# ' () : ! . YG?F!UVRV : !
UZ : ! 6aW \ RE!

p"), %3-?>?!\$4!2+;)<+ ., -W>W\$T+ .-?!(, .!2+;)<+ ., -W>W>[W .+\$T+ .-? : q!"#\$\$\$!GE!&# ' () : !N+, #5, !VE!
&(+, (:!X\$0-<! VE!N(?35-- : ! '<+(H! JE! V 3--5-<! J 5(, !2<\$@, : !A\$8\$0+##-#/#?+2 2 : &(#/8(+&7 : !
UVVS : ! \HUJW'8a8W8aaE!

p&\$.-<, !"; \$<%(, . ! I 3-C+?%)c! V 3(%!(Z\$54!M(, (%+#! "3\$>5.!' , \$@ : q!"#\$\$\$!GE!&# ' () t : !0+C\$3)!
X\$00+, ? : ! (, . !X-, s-!"E! I \$5- : !YE' ? *\$2E' ! 4 : #E : !UVVZ : !aR : !8 \ 89W8 \ 66E!

pA--5\$; +, H!(, ! / , .-<H<(.>(%-! I (; ?%\$, -! I \$>?-!+, !%3-! I 3-C+#!(5!"#+-, #-?c! J!U-- . . . !
J>HC-, % (%+\$, !%\$!%3-! / , .-<H<(.>(%-!X-?-(<#3!GT; -<+-, #- : q!"#\$\$\$!GE!&# ' () : !X-, --!"E! I \$5- : ! (, . !
J 5(, !2E!2<\$@, : ! . YG?F : !UVVZI^ : ! i 8WiDE!

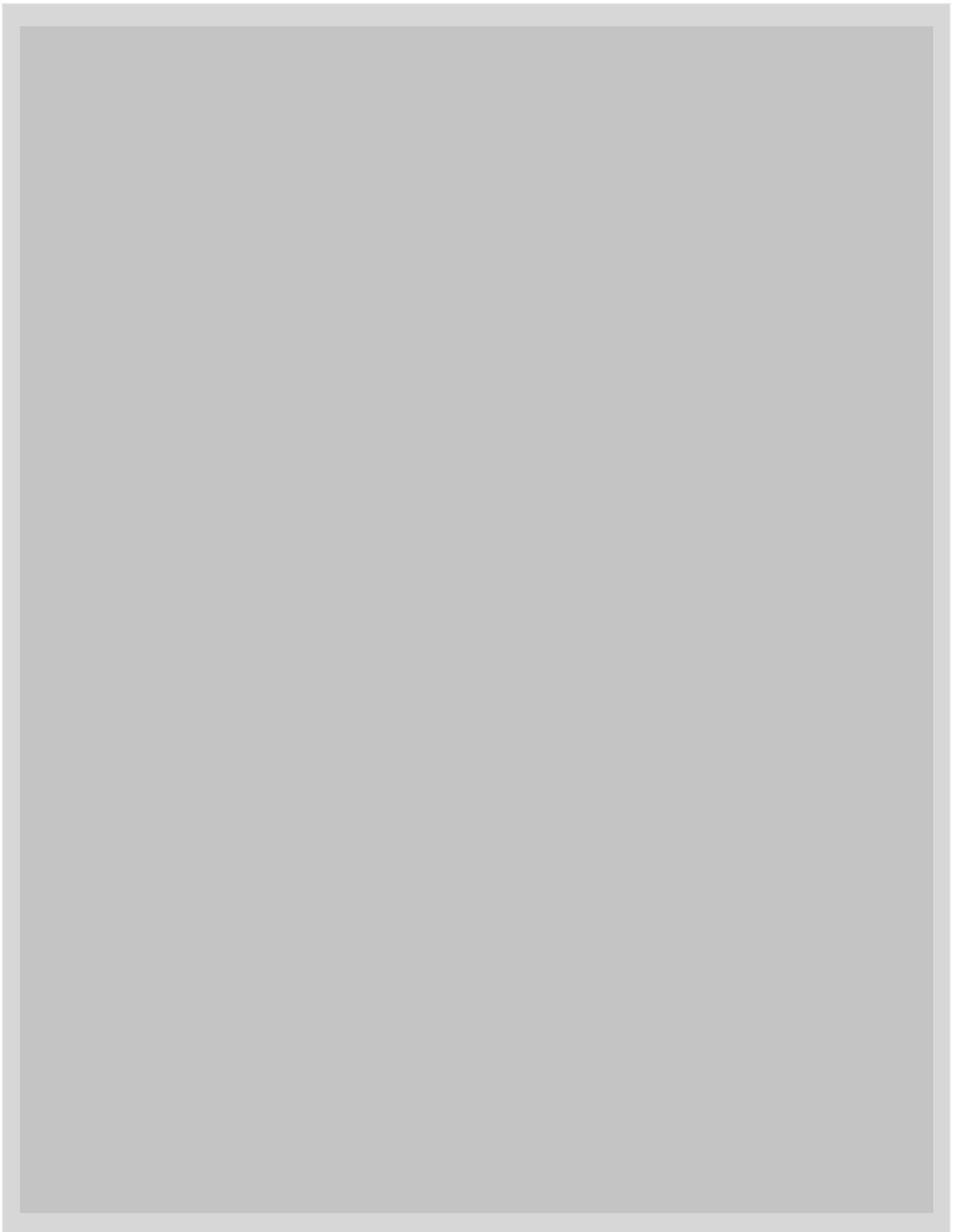
p1<\$=+ ., H!(, ! J ; ; <\$; <+ (%-!X-?-(<#3!G, =+<\$, C-, %!4\$<!(!13)?+#!(5!"#+-, #-!A- ; (<%C-, % : q!&# ' () t : !
"EGEb!N(?35-- : !XE VE! ?GF'_ : /08\$0%- 'C : %\$8(& : !UVV]I+ \ 'Y6D[: !8 \ 8W8 \ iE!

pJ, ! / , .-<H<(.>(%-!Q, %<- .+?# ; 5+, (<)! I \$>?-!+, ! I \$C ; >% (%+\$, (5!(, . !03-\$<-+#!(5! I 3-C+?%)c!0@\$!
J ; ; <\$ (#3-?! J <-!2-%<-!03(, ! _ , -E`+ "#\$\$\$!GE!&# ' () t!(, . !X-, --!"E! I \$5- : ! I / X!A--5\$; +, H!(, . !
>?%(+, +, H!(X-?-(<#3!W!">; ; \$<+=-! I ><<+>5>Cc! J! I \$C ; -, .+>C!\$4!">##-??4>5!1<(#%#-?c!
>05+#!(%+\$, !<-5-(- .!\$, !M-0<(<!)68?% : !UVV]+(%!%3-!U(%+\$, (5!1<-??! I 5>0!+, !V (?3+, H,\$, : !AEIE!

pI3-C+#!(5!"- ; (<(%+\$, ! (, . ! I 3(<(#%<+d(%+\$, !\$4! I \$C ; \$>, .? !Q, !%3-! _<H(, #!N(0\$<(%\$<)"-o>- , #-c!
J, !Q, =-?%+H(%+=-!GT-<#+>-q!"#\$\$\$!&# ' () t : !f(?\$, !K\$55(, . ! J ?35-) !&+553(C : ! (, . !A-05+, (!1(B3<(:!
)0/&7/#8(+&7'+'. (77+ : 0('I# / 4\$2 -'+<'I#(\$&# \$: !UVV]I+VZ : !]DWD \ E!

p6:6Sc]\$:6rW0-<;)<+.+, -!8:8rW.+ST+. -!(, .!0-%<(#)(, \$0-, d-, -!q!&# ' () t:!"EGEb! V3--5-<:!' EJE:!
K\$5%3\$>?-!2E!`\$(87#*0(<8'<:0'a0(78/%%+, 0/=*\$'UI"!668!YUVV[[!98W96E!

pJ!#\$C;>%(%+\$, (5!?!>.)!\$4!?!>54><!0<+.H- .!#)#5\$\$#%(%-%<(-, \$;3(-, -?c!%\$@(<.?!%3-!?) ,%3-?-?!\$4!



a6E!Z-C-:!ZE:!2(, (#3!2E:!"--5-,H-<!XE:!"3\$<:!KE!Z(,%:!A:!&# ' (!:"E!G,=+<\$,C-,%(5!(,(5)??!\$4!
?@+%#3H<(?!+C;(##!\$,!?\$+5!(, .!>%+5+d(%+\$,!\$4!0+\$C(?!:!J I " !U(%+\$,(5!C--%+,H!+,!"(,!M<(,#+?#\$:!
I J !&(<#3!68W6R:!6787E!

a8E!1<-5+C+, , (<)"%>.+-?!\$4!"@+%#3H<(?!Q C;(##!\$,!"\$+5:!f()C-!Z+0?\$,:!2<+(,!2(,(#3:!A(,!(!
Z(,%:!0<(=+?!V 3+?5-<I+"#\$%%!&# ' (!:Z+*(!Z-C-:!M(,?\$,!'+. @(<\$:!J I " !&+. @-?!X-H+\$,(5:!A-?!
&\$+,-?:!Q\$@(!_#%\$0-<!67W66:!6779E!

a7E!X- .>#%+\$,!\$4!#(<0\$,!4\$\$%;<+,%!(%!(!&+. @-?!<-H+\$,(5!>,+=-<?+%)I+ I 3<+?%\$;3-<!2<\$@,I+"#\$%%!

the 1990s, the number of people with diabetes has increased in all industrialized countries. In the Netherlands, the prevalence of diabetes is estimated to be 6.5% in 1995, which corresponds to 1.5 million people (1).

Diabetes is a chronic disease with a high prevalence and a high mortality. The most common complications of diabetes are cardiovascular disease, nephropathy, retinopathy, and neuropathy. The prevalence of these complications is high, and the mortality is also high. In the Netherlands, the mortality of diabetes is estimated to be 10% per year (2).

The most common complication of diabetes is cardiovascular disease. The prevalence of cardiovascular disease is high, and the mortality is also high. In the Netherlands, the mortality of cardiovascular disease is estimated to be 10% per year (3).

The most common complication of diabetes is nephropathy. The prevalence of nephropathy is high, and the mortality is also high. In the Netherlands, the mortality of nephropathy is estimated to be 10% per year (4).

The most common complication of diabetes is retinopathy. The prevalence of retinopathy is high, and the mortality is also high. In the Netherlands, the mortality of retinopathy is estimated to be 10% per year (5).

The most common complication of diabetes is neuropathy. The prevalence of neuropathy is high, and the mortality is also high. In the Netherlands, the mortality of neuropathy is estimated to be 10% per year (6).

The most common complication of diabetes is cardiovascular disease. The prevalence of cardiovascular disease is high, and the mortality is also high. In the Netherlands, the mortality of cardiovascular disease is estimated to be 10% per year (7).

The most common complication of diabetes is nephropathy. The prevalence of nephropathy is high, and the mortality is also high. In the Netherlands, the mortality of nephropathy is estimated to be 10% per year (8).

The most common complication of diabetes is retinopathy. The prevalence of retinopathy is high, and the mortality is also high. In the Netherlands, the mortality of retinopathy is estimated to be 10% per year (9).

The most common complication of diabetes is neuropathy. The prevalence of neuropathy is high, and the mortality is also high. In the Netherlands, the mortality of neuropathy is estimated to be 10% per year (10).

RaE!pI\$C;5-%!0@\$!A+C-,?+\$,(5!U&X!J??+H,C-,%(,!.!I3(<(#%-<d(%+\$,!\$4!">54\$,(%-!.!(,!.!
/ ,?>54\$,(%-!.!1\$5)Y-%3-<!-%3-<!B-%\$, -[!Y1GG '[!&\$,\$C-<?:q!"#\$%&!GE!&# ' (!:X\$0-<#!VE!N(?35--!
QQQ:!A(,+55-!&\$>5:!2<)#-!K\$5%3\$>?-:!X\$0-<#!VE!' \$;+%dB-!\9#!J I"!&+. V-?%!X-H+\$,(5!&--%+,H!
677i:!!&(,3(%(,!:!' "!"_#%\$0-<!67W66:!677iE!

RDE!peW<(!I<)?%(55\$H<(;3)!(,!.!I<)?%(5!G,H+,--<+,H:q!"#\$%&!GE!&# ' (!:/ ,+=-<?+%)!\$4!
I(5+4\$<,+5W"(,!A+-H\$;!J>H>?%!86"#!677iE!

R]E!pM+, .+,H!(,!J ;;<\$;<+(-!X-?-(<#3!&\$.-5!4\$<(!13)?+#(5!"#+-, #-!A-;(<C-,%:q!"#\$%&!GE!
&# ' (!:X\$0-<#!VE!N(?35--!QQQ:!677i!U(%+\$,(5!I / X!&--%+,H:!N(!I<\$??-:!VQ!f>,-!6\!j!f>,-!6]"#E!

RRE!p03-!1<-;(<(%+\$,!\$4!1\$5)G%3-<G%3-<'-%\$, -!Y1GG '[!&\$,\$C-<?:q!"E!GE!&# ' (!:XE!VE!
' \$;+%dB-:!XE!VE!N(?35--!QQQ:!677i!U(%+\$,(5!I / X!&--%+,H:!N(!I<\$??-:!VQ!f>,-!6\!j!f>,-!6]"#E!

RiE!p / ?+,H!-5-#%<\$,+#!%-#3,\$5\$H)!%\$0-%%-<!;<-;(<-!(!%+C-W?%<-??-!.!\$<!(5%<,(%+=-!?!>.-,%!

i]E!p"),%3-?-?!\$4!1<\$%\$,!GT3(,H-!&\$,\$C-<?:qX\$0-<N(?35--!000:!"#\$%&'()*:U(%+\$,(5!

\iE!p&\$.-<,";\$<%(,!.!I3-C+?%<)c!V3(%!(I3-C+#(55)!J@(<-!";\$<%?M(,(%+#!"3\$>5.!',,\$@Eq!
Z+44+,;!ZEJE!&(<?3(55:!OE1E!2\$\$,-:!"EXE!(,!.!EGE!&# '()E!I-,%<(5!&+??\$><+"%(-%!/ ,+=-<?+%)E!XE!
'\$;%dB-E!V+,\$,(!"%(-%!/ ,+=-<?+%)E!&+??\$><+!J#(. -C)!\$4!"#+- ,#-!Yf\$;5+,:!&_ :!J ;<+5!67W68:!
6778[E!

\|E!p&(%-<+(5!"#+- ,#-c!Q,%-<,-%!(,!.!V-0I0!G,3(,#- .!N(O\$<(%\$<)!+,!Z-, -<(5!I3-C+?%<):!"3\$<%:!
&E!2\$\$,-:!"EXE!&(<?3(5:!OE1E!(,!.!EGE!&# '()E!I-,%<(5!&+??\$><+"%(-%!/ ,+=-<?+%)E!&+??\$><+!
J#(. -C)!\$4!"#+- ,#-!Yf\$;5+,:!&_ :!J ;<+5!67W68:!6778[E!
\6E!p03-!A-=-5\$;C-,%!\$4!J%%<(#%+=-!&-%3\$.?!%\$!Q,%<\$.>#-!1\$5)C-<?:!A<H?!(,!.!K+H3!
1-<4\$<C(,#-!&(%-<+(5?!%\$!2-H+, ,+,H!I3-C+?%<)"%>.-,%?q!&(<?3(55:!OE!1Eb!Z+44+,;!ZE!JEb!2\$\$,-:!
"E!XEb!&# '():"!E!GE:!UI / X!6778!YN-T+,H%\$,,:! ' `!i7iDR:!&(<#3!8RW8D:!6778[E!

\8E!pU\$,#\$=(5-,%!Q,%-<(#%+\$,?!+,!0-< ;)<+.+, -WUW\$T+. -?q!&(<?3(55:!OE!1Eb!25(#B?%\$#B:!"E!IEb!
&# '():"!E!GE:!UI / X!6778!YN-T+,H%\$,,:! ' `!i7iDR:!&(<#3!8RW8D:!6778[E!

9Elr03-!G44-#%?!\$4! J , ,>5(%+\$, !\$, !I)#5\$O>%(.+ , -!2\$, .!J5%-<, (%+\$, c!J!I\$C; (<(%+=-!"%>.)!\$4!
"-C+W-C; +<+#(5!(, .!IT'D&(8(+ '&-%3\$. ?Er!"#\$%&GE!&# ' (!:1(>5! ' +; <\$4!(, .!J5(, !2E!2<\$@, E!03-!
"-#\$, .!G5-#%<\$, +#!I\$C; >%(%+\$, (5! I3-C+?%<)! I\$, 4-<- , #-!U\$=-CO-<!899R:!1(; -<ln8]E!

aElr"), %3-#+#!J ; ;<\$(#3-?!0\$!J , ,>5(%- .!A-@(<

I3-C#(5!I\$CC>,#(%+\$,! "B+55?!

KE!0-5-=-+?+\$,!J ; ; -(<(, #-?!(, .!U-@?!J<#5-?c!

' ^ & J!X(.+\$!678]!
A+?#>??+\$,!\$4!G,H+, --<+,H!

' 0 " " !0 ^!]L6RL678R!
I\$C ;>%-<!"#+-, #-!

' & _ " !RL\7L88!
J5%-<, (%+=-!G, -<H)!F!G(<%3@--B!+, %-<=+-@

V (<<- , ?O><H!W!O><, +, H!>?- .!%+<-?!+ , %\$!4>-5!
#\$>5. !?(-!%3-!5+=-?!\$4! / E"E!%<\$ \$; ? :!
+ , #5> . + , H!+ , ! J 4H3 (, +?% (, ! (, . ! Q < (o E ! E E E

I3<?%\$;3-<!2-(#3!
N+,!N+>!

aL7DwaL79!

2"!I3-C+?%<!

- J ; ;\$+, %- . !%\$!%3-!J<B(,?(?!G#\$,\$C#!A=-5\$;C-,%!I\$CC+??+\$,! " F0!A+=+?+\$,!0)!
Z\$=-<,\$<!J?(!K>%#3+,?\$,;!678]E!
- J ; ;\$+, %- . !%\$!%3-!2\$(<. !\$4!A+<-#%\$<!K+W0-#!NNI;!678]!
J<BWN(W0-T!678\!J , ,>(5!J#3+--C-,%!J@(<. ?!4\$<GT#-55-, #-!+, !0-#3,\$5\$H)!
A<-)4>?!0-(#3-<W"#3\$5(<!J@(<. !U\$C+, --!677]!
677RW677]!M(#>5%)!X-?-(<#3!A())!1(; -<!I\$C; -%+%+\$, :!" -#\$, .!

M(#>5%)!V\$<B5\$(. !87W; <-?- , %!

2E I3-C+2%<!)A- ; (<%C- , %!I\$CC+%%--?c!

J@(<.?!I\$CC+%%--!8999W!677a!

I\$55\$0>+>C!(, .!"-C+, (<!15(, ,+,H!I\$CC+%%--c!I3(+<!8999!

A- ; (<%C- , %!V-0!; (H-!. -=-5\$; -<!6777!

A- ; (<%C- , %!G,3(, #-C- , %!I\$CC+%%--!6777!

A- ; (<%C- , %!1<\$C\$+\$, !(, .!0- , >-!#\$CC+%%--!Y#3(+<C(, [!677i!

I3(+<!"-(<#3!I\$CC+%%--!677\W677i!

K1NI!J#o>+?+%+\$, !I\$CC+%%--!78L7RW88L7R!

2+\$#3-C+2%?!"-(<#3!I\$CC+%%--!

J, (5)%+#(5!"-(<#3!I\$CC+%%--!677R!(, .!677]!

1<\$C\$+\$, !I\$CC+%%--!

0- , >-!I\$CC+%%--!

V I &!&\$<<+?!X- , \$=(%+\$, !I\$CC+%%--!7RW7D!

A- ; (<%C- , %!1F0!H>+. -5+, -!#\$CC+%%--!(. !3\$#!7RW7]!

A- ; (<%C- , %!"%>. - , %!-=(5>(%+\$, !(, .!J , , >(5!X- ; \$<!H>+. -5+, -!I\$CC+%%--!(. !3\$#!

A- ; (<%C- , %!X-#<>+%C- , %!(, .!X- , , %+\$, !I\$CC+%%--!

&-C0-<:!!&(H,\$5+(!N+\$,?!I5>0:!678RW678D!' +@(+?!\$4!&(.+?\$, :!"A!678aW;<-?- ,%!

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A<E!"#\$%&'()*
1(H-!6R!