

What Will You Do to Stop DiabetesSM? **Know Your Risk.**

Recently, communities across the country participated in the 22nd annual American Diabetes Association (ADA) Alert. To address the burden of this disease, the ADA is asking the American public to "*Know your risk.*"

You can join the Stop Diabetes movement by taking the Diabetes Risk Test to find out if you are at risk for developing type 2 diabetes.

The Diabetes Risk Test asks simple questions about weight, age, family history and other potential risk factors for type 2 diabetes. It shows whether you are at low, moderate, or high risk for pre-diabetes or diabetes.

If you are at risk, and you don't have health insurance, DVHWC may be able to help you prevent or slow the onset of this disease.

Are You at Risk?

Among the primary risk factors for type 2 diabetes are being overweight, sedentary, over the age of 45 and having a family history of diabetes. African Americans, Hispanics/Latinos, Native Americans, Asian Americans and Pacific Islanders are at an increased risk, as are women who have had babies weighing more than nine pounds at birth.

Often, people with type 2 diabetes can go for years without realizing that they have the disease. While some people with diabetes may experience noticeable symptoms, such as frequent urination, blurred vision and excessive thirst, most people diagnosed with type 2 diabetes do not show these overt signs in the early stages of disease.

Unfortunately, type 2 diabetes becomes evident only when people develop one or more of its serious complications, such as heart disease, stroke, kidney disease, eye damage, or nerve damage that can lead to amputations.

Take Charge of Your Health!

Studies have shown that type 2 diabetes can be prevented or delayed by losing just 5-7% of body weight through regular physical activity (30 minutes a day, five days a week) and healthy eating. Armed with this information, gather your friends, family, loved one and/or co-workers and take a 30-minute walk and get started with a healthier lifestyle today!

You may get your free Diabetes Risk Test (English or Spanish), healthy lifestyle tips and more by calling 1-800-DIABETES (1-800-342-2383) or visit stopdiabetes.com.

