



DIABETES

Are you:

- more than 45 years old;
- overweight;
- a person with high blood pressure (at or above 140/90)
- from a family with a history of diabetes;
- a woman who has given birth to a baby weighing more than nine pounds (four kilograms);
- lacking in regular exercise?

If you answered “yes” to one or more of these questions, you may be at risk for diabetes.

Millions of people are unaware that they have diabetes. The symptoms of diabetes include:

- unusual thirst;
- frequent urination;
- unexplained weight loss.

The complications of diabetes include:

- blindness;
- kidney disease;
- nerve disease (which can result in lower limb amputations);
- heart disease.

Good news!

Proper diet and regular exercise can help prevent or control diabetes.

If you have symptoms of diabetes, contact your health care professional.

This information provided by the

Lions club



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