

You Might Have Diabetes

Anyone can get diabetes.
Should you be tested?
Ask your medical provider.



Risk Factors for Diabetes

45 years old or older.

A parent, brother
or sister has diabetes.

Overweight or obese.

African American,
Hispanic American/Latino,
Asian American, Native American
or Pacific Islander.

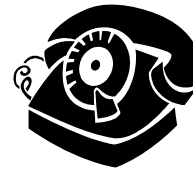
Your Community Health Center Cares About You

Want More Information?



Ask your medical
provider.

Call the American
Diabetes Association.
1-800-DIABETES
(1-800-342-2383)



Information is only for educational purposes.
It is not intended as medical advice.
To determine if it is appropriate for you,
consult your medical provider.

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Live Free with Diabetes

Family and Friends Can Help



Living with Diabetes Can Be Hard

Your loved one
needs your help.

Family and friends
can make it easier.



Support your loved one.

Reach Out!

Encourage
You can do it!



Praise
Good work!

Listen
How do you feel?



Ask
How can I help?

Jump In!

Learn Together
The more everyone
knows the better.



Do It Together
Become partners.
Do healthy things together.
Everyone benefits.

