

■ DIABETES



ARE YOU at Risk?

One in three adult Americans are at risk for developing diabetes. Most do not know it.

You may be at risk if you

- are overweight
- have a family member with diabetes, or
- are not physically active

In many cases diabetes can be delayed or even prevented. Are you at risk? A simple test can tell if you are. Call your doctor or health clinic for more information.

A free handout from Learning About Diabetes, Inc.
<http://www.learningaboutdiabetes.org>