

Public Service Announcement

Diabetes- are you at risk?

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November is Diabetes Month. Diabetes happens when the body cannot properly control blood sugar levels. If not carefully managed, diabetes can lead to serious problems with the heart, kidneys, eyes and other areas of the body.

If you have a close family member suffering from diabetes, if you suffer from high cholesterol, high blood pressure, or you are overweight, you can be at a higher risk for diabetes.

Some signs of diabetes are:

- being very thirsty and not being able to quench thirst;
- going to the bathroom often;
- feeling unusually weak, tired or sleepy;
- · losing weight without trying; and
- blurry vision.

See your health care provider if you have any of these signs. Anyone over the age of 40 should be screened for diabetes every three years, whether they have symptoms or not. A simple blood test can tell you if you have diabetes.

For more information on diabetes and healthy living visit:

- Healthy Eating
- Diabetes

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