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Public Service Announcement

Are you over 40? Think about getting checked for Diabetes

Start Date: November 6, 2020
End Date: November 30, 2020
Nunavut-wide **60 sec**

November is Diabetes Awareness Month! Many Canadians may be living with diabetes and not even know it. A simple blood test can tell you if you have diabetes.

Diabetes is a chronic disease where the body either does not produce enough insulin or cannot properly use the insulin it produces. Insulin is a hormone that helps your body control blood sugar.

Some common signs and symptoms of diabetes include severe thirst, frequent urination, weight loss without trying, extreme tiredness or lack of energy, blurred vision, and frequent infections or cuts that are slow to heal. But, in some cases, people with some forms of diabetes do not show symptoms at all.

Type 2 diabetes is the most common form of diabetes. Anyone over the age of 40 should be tested for diabetes at least every three years. Certain factors increase your risk of developing diabetes, such as having relatives who have diabetes, having high blood pressure or high cholesterol, or having extra weight – especially weight around the middle of the body.

Talk with your healthcare provider at your community health centre to learn more about diabetes.

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