1 in 5 adults don’t know they have diabetes.

More than 37 million US adults have diabetes.

Diabetes is the seventh leading cause of death in the United States.

In the last 20 years, the number of adults diagnosed with diabetes has more than doubled.

For more information about diabetes go to www.Diabetes.org
Diabetes Awareness Month

Ways to lower your risk for Type II Diabetes

- Proper Weight Management
- Blood Pressure Management
- Daily Physical Activity
- Healthy Food Choices
- Stay Hydrated
- No Smoking

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