



Diabetes Awareness

1.5 million Americans are diagnosed with diabetes each year. Nearly 80% of Type 2 Diabetes is preventable yet less than 50% of those affected with Type 1 or Type 2 receive diabetes education.

Reduce Your Risk of Diabetes

♥ Eat Healthy and Get Active:

Make healthy food choices and include 30 minutes of physical activity.

Q Know the Signs:

Constant thirst or hunger, tingling skin, increased urinating, sudden weight loss, blurred vision, fatigue.

↑ Take Action and Get Support:

Regular doctor, eye and dental exams are important to maintain. We are here to help!

The best way to deal with diabetes is to educate yourself and take control of your health and we are here to help! Contact our office today to discuss your diabetic health with your doctor, **530.527.0414**.