

Having Type 2 diabetes in your family doubles **YOUR** risk of developing diabetes ...



Perhaps **YOU** have diabetes and don't know about it?



Ask your GP about a test!

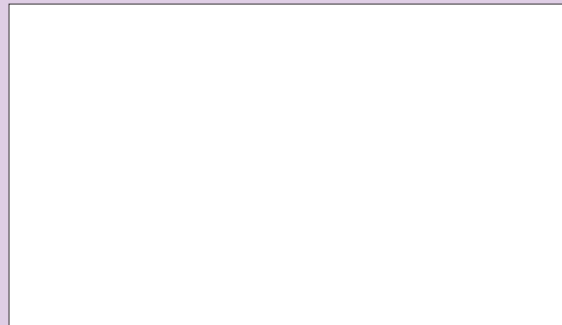
For more information, ask

Your Doctor

Diabetes Australia WA 9325 7699

Derbarl Yerrigan Health Service
9421 3801
9421 3866

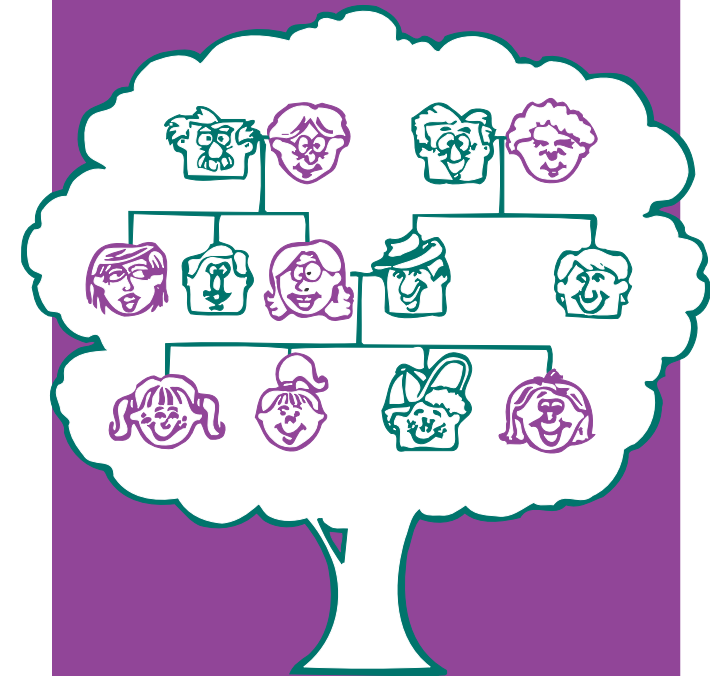
Great Southern Public Health Unit
9842 8311
9841 8244



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Celebrate Prevention!

CHECK YOUR FAMILY TREE FOR DIABETES...



DOES TYPE 2 DIABETES RUN IN YOUR FAMILY?

For every person with diabetes there is another person who has Type 2 diabetes but does not know about it.

Diagnosed diabetes can be controlled, but if it's not controlled it can silently damage the:

heart

blood vessels

nerves

kidneys

eyes

It is important that diabetes is diagnosed as soon as possible to reduce the risk of this damage.

If you don't have diabetes now you may still get it later, however...

You can reduce your risk by being a healthy weight



You can reduce your risk by being physically active



You can reduce your risk by eating plenty of fruit, vegetables, cereals and legumes



You can reduce your risk by limiting the amount of fat you eat

