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EARLY DETECTION OF DIABETES

HOW OFTEN DO WE NEED TO CHECK?

WITH EARLY DETECTION, IT'S POSSIBLE TO...

- Reduce the risk of diabetic ketoacidosis at diagnosis.
- Identify people who could benefit from early clinical trials.
- Early treatment of symptoms and improvement of quality life.

CHECK OUT FOR THIS SIGNS OR SYMPTOMS



FREQUENT URINATION



INCREASED THIRST



AREAS OF DARKENED SKIN



FATIGUE



BLURRED VISION



UNEXPLAINED WEIGHT LOSS



HEADACHE



SLOW-HEALING SORES OR FREQUENT INFECTIONS

DETECTION BLOOD TESTS:

Screening Tests

Blood tests such as a fasting blood sugar test or a hemoglobin A1c (HbA1c)

Remember!

A fasting blood sugar level >126 mg/dL or an HbA1c level >6.5% indicates diabetes,



YOU SHOULD GET TESTED IF...



- You have **family history of diabetes**.
- You are **>45 years old**.
- You are **overweight or obese**.
- You have **high blood pressure or high cholesterol**.
- You are **pregnant** or have had **gestational diabetes**.

WE RECOMMEND YOU TO...



CONTROL YOUR BLOOD SUGAR



EAT HEALTHY AND CONTROL SUGAR CONSUMPTION



DO EVERYDAY PHYSICAL ACTIVITY



BE AWARE OF ANY SIGNS OR SYMPTOMS

CONTROL YOUR SUGAR, LIVE WITHOUT LIMITS: UNDERSTAND, PREVENT, AND MANAGE DIABETES FOR A HEALTHY FUTURE.

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