

WHAT TO DO AFTER A "PRE-DIABETIC" DIAGNOSIS

Getting the news that you are at risk for developing diabetes is scary—but it's not the end of the story. Type 2 Diabetes (formerly called non-insulindependent, or adult-onset) can be treated and its consequences avoided or delayed by changing these aspects of your lifestyle.

TYPE 2 DIABETES'S EFFECTS CAN
BE TREATED, DELAYED, OR
AVOIDED WITH A HEALTHY DIET,
REGULAR PHYSICAL ACTIVITY,
MAINTAINING A NORMAL BODY
WEIGHT AND AVOIDING
TOBACCO USE.

FOR MORE INFORMATION, VISIT OUR WEBSITE:

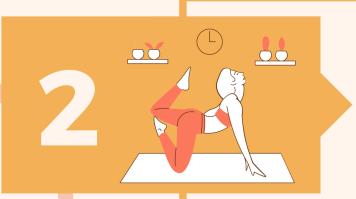
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HOW IT HELPS:

Hyperglycaemia can lead to serious damage to many of the body's systems, especially the nerves and blood



GET PHYSICAL

Do at least 30 minutes of regular, moderateintensity activity on most days

HOW IT HELPS:

More activity is required for weight control, and regular physical activity can prevent onset.



FIND THE RIGHT FIT

Achieve and maintain a healthy body weight.

HOW IT HELPS:

Type 2 diabetes is largely the result of excess body weight and physical inactivity.





