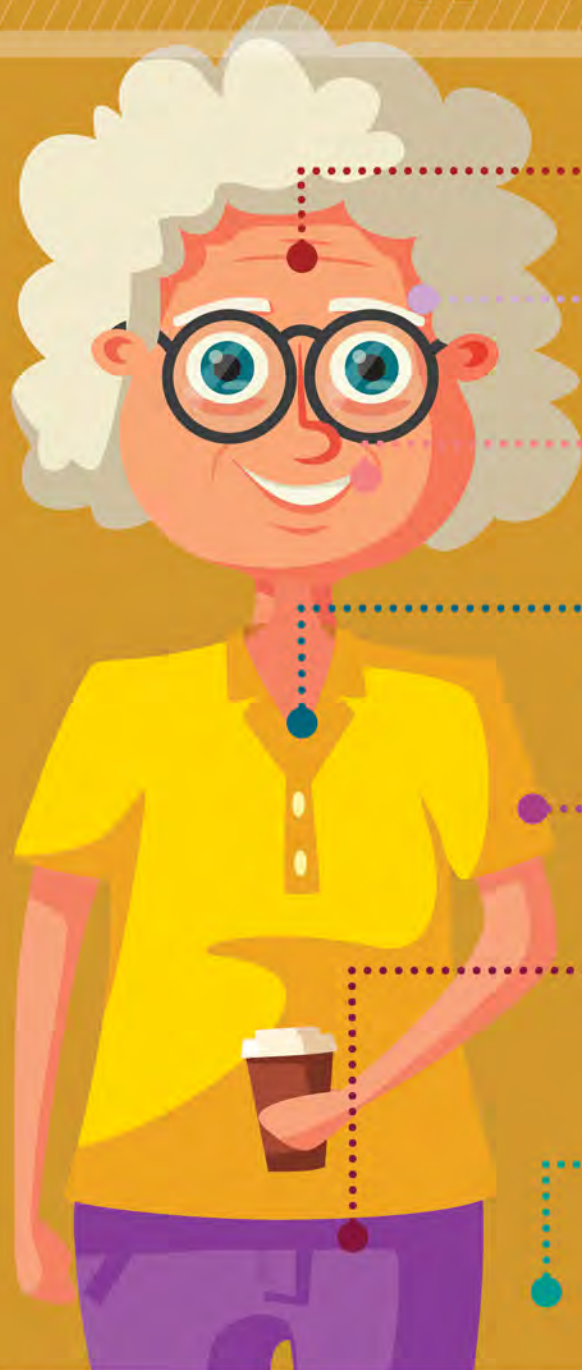


Know the Symptoms of Type II Diabetes



Extreme Fatigue

Blurry Vision

Feeling Very Thirsty

Feeling Very Hungry Even Though You Are Eating

Cuts/Bruises That Are Slow to Heal

Urinating Often

Tingling, Pain or Numbness in the Hands OR Feet

Reduce Your Risk

- ✓ Manage your weight
- ✓ Exercise regularly
- ✓ Eat a balanced, healthy diet
- ✓ Limit take-out and processed foods
- ✓ Limit your alcohol intake
- ✓ Quit smoking
- ✓ Control your blood pressure
- ✓ See your doctor for regular check-ups

