

For more
information about
diabetes and healthy
lifestyles, visit or call:

www.cdc.gov/diabetes
1-800-CDC-INFO
(1-800-232-4636)

www.diabetes.org
1-800-DIABETES
(1-800-342-2383)

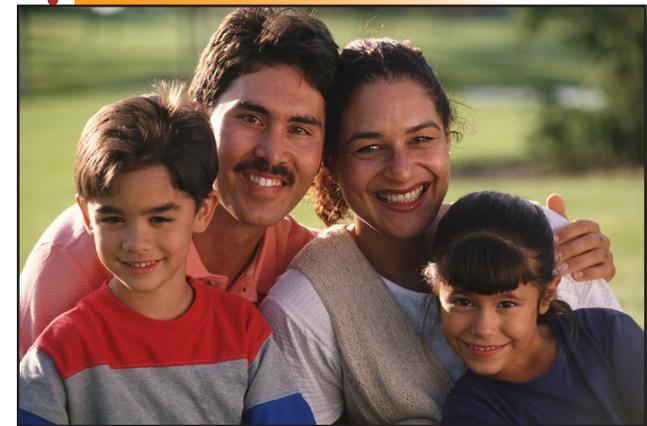
Special thanks to the National Council of
La Raza's Institute for Hispanic Health.

To record your family history
and create a family tree,
visit:

<http://familyhistory.hhs.gov>



Does
Diabetes
Run in Your
Family?



Take Steps
Toward
Better
Health!

Diabetes is

- **Common, especially among Hispanics or Latinos**

Diabetes occurs when the level of sugar in your blood remains too high.

- **Serious**

Diabetes is linked to heart disease, kidney problems, stroke, blindness, lower leg amputations, and other health problems.

- **Controllable**

If you have diabetes, ask your doctor about:

- eating healthier and becoming more active,
- controlling the level of sugar and fat in your blood,
- controlling your blood pressure, and
- getting regular exams of your eyes, feet, kidneys, and hemoglobin A1C.

You're more likely to get diabetes if

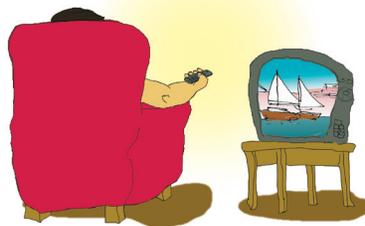
- **You have family members with diabetes**



- **You have poor eating habits**



- **You are obese or inactive**



What you can do

- **Know your family history**

Find out if you have relatives with diabetes and at what age they found out about their disease.



- **Talk with your doctor**

- Tell your doctor about your family history of diabetes.
- Ask your doctor about your other risk factors for diabetes.
- Ask your doctor about possible ways to reduce your risk of diabetes.

