

The Apostol Family
Elk Grove, CA

Diabetes runs in my family.

**I manage my diabetes
— and I am teaching my family
how to prevent it.**



If you have type 2 diabetes, your mother, father, brother, sister, and children are at risk. Talk to your family about your diabetes so they can take steps to prevent it now. Order a free booklet, *Your GAME PLAN to Prevent Type 2 Diabetes*, from the National Diabetes Education Program for your loved ones.

For more information, visit www.YourDiabetesInfo.org
or call **1-888-693-NDEP** (6337); TTY: 1-866-569-1162.

HHS' NDEP is jointly sponsored by NIH and CDC
with the support of more than 200 partner organizations.



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