

PREVENGAMOS LA DIABETES...

Paso a Paso



Because type 2 diabetes runs in our family, our doctor told us that we are at risk for it. He made us feel better when he said we can prevent or delay this serious disease.

We decided to take steps to reduce our risk. We plan to lose a little bit of weight. We are getting 30 minutes of exercise, such as brisk walks, 5 days a week. We also are making healthy food choices.

Take the first step. Talk to your doctor.
For free information about preventing type 2 diabetes,
visit www.YourDiabetesInfo.org or call
1-888-693-NDEP (6337); TTY: 1-866-569-1162.



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A message of the National Diabetes Education Program, a joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.

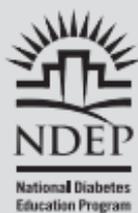


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