



**“Mom, I miss
you so much...”**

**Type 2 diabetes steals the
lives we cherish most.**

Nearly a quarter million
a year. But it can be
prevented.

Nearly 80 million Americans
have prediabetes. But
because prediabetes doesn't
always have symptoms, nine
out of ten people who have it
don't even know it.

Know your risk before
it's too late. Especially if
you're over 45 or overweight.

More importantly, do
something about it. Eat
better, stay active and
lose weight.

**You have a lot to live for.
Stop Diabetes® For yourself,
and the people you love.**

 American Diabetes Association.

CheckUpAmerica.org



Visit checkupamerica.org
or call 1-800-DIABETES
(1-800-342-2383).