



“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

Learn how you can help Stop Diabetes.

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

