

It's National Diabetes Month,  
so let's...

**STOP**  
**DIABETES**



## Could you have diabetes and not know it?

More than 34 million people in the United States have diabetes, and 1 in 5 of them don't know they have it. Often there are no symptoms, and routine health screenings are the best way to diagnose it and begin treating the disease. Some symptoms of diabetes that may go unnoticed include:

- + Urinating a lot, often at night
- + Sores that heal slowly
- + Numb or tingling hands or feet
- + More infections than usual
- + Weight loss without trying
- + Excessive thirst
- + Extraordinary hunger
- + Blurry vision
- + Feeling very tired
- + Very dry skin

**Even with a family history of diabetes, there are ways to prevent the disease,** including maintaining a healthy weight and diet, exercise and getting quality sleep on a routine basis.

**Don't delay your healthcare! Schedule a diabetes screening today.**