





LET'S TALK ABOUT DIABETES

Did you know?

- 30.3 million US adults have diabetes, and 1 in 4 of them don't know they have it.
- Diabetes is the seventh leading cause of death in the United States.
- Diabetes is the No. 1 cause of kidney failure, lower-limb amputations, and adult blindness.
- Over 1.4 million new cases of diabetes are diagnosed every year.

Should you be doing something? Here are some symptoms to consider. Do you experience the following:

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- Urinate (pee) a lot, often at night
 - Excessive thirst
 - Lose weight without trying
 - Excessive hunger
 - Blurry vision
 - Numb or tingling hands or feet
 - Excessive tiredness
 - Very dry skin
 - Sores that heal slowly
 - More infections than usual
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To learn more, visit:
<https://www.cdc.gov/diabetes>
<https://www.doihaveprediabetes.org>

