

## HOW TO TELL IF YOU HAVE DIABETES

The signs of diabetes often go unnoticed because they seem harmless.

Early detection can decrease the chances of getting serious complications from diabetes.

### Symptoms of diabetes include:

- ✓ Frequent urination
- ✓ Excessive thirst
- ✓ Unusual weight loss.
- ✓ Increased fatigue
- ✓ Blurry vision
- ✓ Irritability

If you have one or more of these symptoms, see your healthcare provider right away. You may already have diabetes.

### Some groups of people are at higher risk of diabetes:

- ✓ Native Americans
- ✓ Pacific-Islanders
- ✓ Asian-Americans
- ✓ Latinos
- ✓ African Americans
- ✓ Filipinos

## COULD YOU HAVE DIABETES AND NOT KNOW IT?

Find out for sure!

Contact your health care provider about what you can do to:

- Prevent Diabetes!
- Prevent Amputations
- Prevent Kidney Disease!
- Prevent Blindness!
- **Live Longer!**

If you are over 30 years old or older, ask your healthcare provider for a yearly glucose test to check for Diabetes.

- Exercise Daily
- Eat More Fruits and Vegetables
- Choose Low Fat Foods
- Lose Weight

## ARE YOU AT RISK FOR DIABETES?



### "Our Family Caring for Your Family"

Find out for sure by taking this simple quiz, then talk with your Healthcare Provider about the results.

**COULD YOU HAVE  
DIABETES  
AND NOT KNOW IT?**

Diabetes is when your body makes too little insulin or insulin that does not work.

**NEARLY ONE-THIRD  
OF ALL DIABETICS  
DON'T KNOW IT.**

Take this easy quiz to find out if you are at risk. Then discuss the results with your Healthcare Provider.

**CIRCLE THE POINTS NEXT TO  
EACH TRUE STATEMENT.**

1. My weight is equal to or above that listed in the chart to the right.

**5 points.**

2. I am under 65 year of age and I get little or no exercise during a usual day?

**5 Points**

3. I am between 45 and 64 years of age?

**5 Points**

4. I am 65 years old or older?

**9 points.**

5. I am a woman who has had a baby weighing more than nine pounds at birth?

**1 point**

6. I have a sister or brother with diabetes?

**1 point**

7. I have a parent with Diabetes?

**1 point.**

**Total Score:** \_\_\_\_\_

**Scoring 3-9 points:**

You are probably at low risk for having diabetes now. But don't just forget about it, especially if you are Hispanic, Native American, Asian American or Pacific Islander. You may be at higher risk in the future.



**Scoring 10 or more points:**

You are at greater risk for having diabetes. Only your healthcare provider can determine if you have diabetes. At your next office visit, find out for sure.

**AT-RISK WEIGHT CHART**

Height without shoes	Weight in pounds without clothing
4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221

If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes.