



DIABETES

Quick Check list

Are you:

- more than 40 years old European
- more than 30 years old Asian/Polynesian
- overweight;
- a person with high blood pressure (at or above 140/90)
- from a family with a history of diabetes;
- a woman who has given birth to a baby weighing more than nine pounds (four kilograms);
- lacking in regular exercise?

Millions of people are **Unaware** that they have diabetes. The symptoms of diabetes include:

- unusual thirst;
- frequent urination;
- unexplained weight loss.
- * sensation change (pins & needles)
- * Blurred vision

So check your risks factorsr

No of Risk Factors present _____

No of Symptoms present : _____

Date.....Time.....

If you answered "yes" to one or more of these questions, you may be at risk for diabetes.

See recommendations overleaf

if you have one or more risk factors or symptoms it is recommended you consult your GP who will advise you.

Good news!

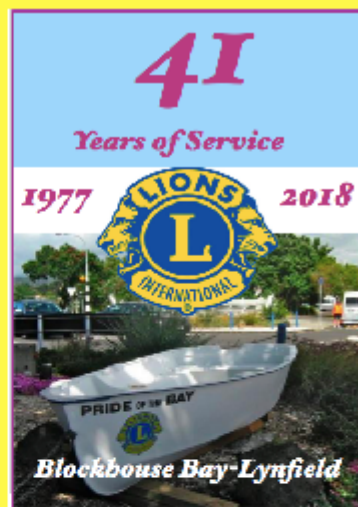
Proper diet and regular exercise can help prevent or control diabetes.

The complications of diabetes include:

- blindness;
- kidney disease;
- heart disease.
- nerve disease (which can result in lower limb amputations);

If you have symptoms of diabetes, contact your health care professional.

This information provided by the
Blockhouse Bay-Lynfield Lions Club



For more info:
www.bhbl-lions.org/diabetesaware

<https://lionsclubs.org/en/start-our-global-causes/diabetes>

MORE ABOUT OUR CLUB
and membership etc.
www.bhbl-lions.org