

DIABETES AND YOU!

Did you know:

- Latinos are 2 times more likely to get Type 2 diabetes than non-Latino whites.
- 2-million Latino Americans over 20 years old have diabetes.
- People with Type 2 diabetes are at risk for high blood pressure.
- High blood pressure can cause future heart, kidney and eye problems.

Prevention:

- Early detection of Type 2 diabetes may help prevent future diabetes related problems.
- Speak with your doctor and have him/refer you to a nutritionist.

Treatment:

- Monitor your blood sugar and blood pressure regularly.
- If you are on medication take your medicine at the right times.
- Eat small meals throughout the day. Talk to a nutritionist about food portion sizes.