



DIABETES

Risk Factors:

- More than 45 years old
- Overweight and Obesity
- High blood glucose
- High blood pressure
- Unhealthy cholesterol levels
- Family history of diabetes
- Inactive lifestyle
- Smoking
- A woman who has given birth to a baby weighing more than 9 pounds

If you answered “yes” to one of more of these questions, you may be at risk for Diabetes.

Millions of people are unaware that they have diabetes.

The symptoms of diabetes include:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision

The complications of diabetes include:

- Eye disease (retinopathy, the leading cause of blindness in adults in developed societies)
- Kidney disease (nephropathy)
- Nerve disease (neuropathy)
- Cardiovascular disease
- Amputation

Good News!

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

Please consult a healthcare professional if you think you might have diabetes.

This information provided by the

Lions Club



**LIONS CLUBS
INTERNATIONAL**

**300 W 22ND STREET
OAK BROOK, ILLINOIS 60523-8842
USA**

www.lionsclubs.org
programs@lionsclubs.org