

## Diabetes

**Put Prevention Into Practice**

Name: \_\_\_\_\_

*R<sub>x</sub> for Prevention*

  
  

Follow-up: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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Clinician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

- You can have diabetes and not know it. You may need a blood test for diabetes if you have a family member with diabetes, are overweight, or have had diabetes during pregnancy.
- Diabetes can lead to problems with your vision, kidneys, and blood circulation, especially to the lower legs and feet.
- You can help prevent diabetes by having a healthy lifestyle:
  - Be physically active (at least 30 minutes of moderate activity) every day of the week.
  - Control your weight. Limit fat and calories in your diet.
  - Eat a healthy diet. Eat fruits, vegetables, dry beans, and whole grains every day.
  - Eat foods low in fat, saturated fat, and cholesterol (e.g., fish, poultry prepared without skin, lean meat, and low-fat dairy products).