



The Best Defense Against Diabetes: A STRONG OFFENSE

More than 26 million people in the U.S. have diabetes – and many don't even know it. Some of these cases are Type 1, which cannot be prevented, but can be properly managed with diet, exercise, and medication. Type 2 diabetes, on the other hand, can likely be prevented by living a healthy lifestyle.

Find out if you're at risk for Type 2 diabetes:

- * Understand the signs, which can include increased thirst, frequent urination, increased hunger, and tingling of your hands or feet. There can also be no symptoms at all.
- * Have your doctor perform a blood glucose test.
- * Know that older age, obesity, previous history of gestational diabetes, and physical inactivity will put you at risk for the condition.
- * Take the Diabetes Assessment located within the Living Well Health Manager, powered by WebMD. Go to www.webmdhealth.com/ut to learn more.

If you're concerned about your risk or want to better manage an existing condition, the **UT System "Living Well: Make it a Priority"** program can help. For more details, go to www.livingwell.utssystem.edu.