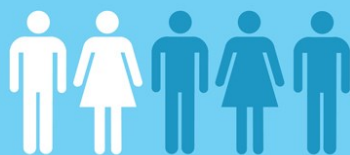


Wellness Tip



November is Nation Diabetes Awareness Month!

Participate in the this year's American Diabetes Month [here](#).



2 out of 5

2 out of every 5 Americans are expected to develop type 2 diabetes in their lifetime.



Signs and Symptoms

- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue
- Frequent urination
- Blurry vision
- Cuts and bruises that heal slowly
- Weight loss (Type 1)
- Tingling, pain, or numbness in hands or feet (Type 2)

Prevention

Lower your risk for Type 2 Diabetes by:

- Healthy eating
- Regular physical activity
- Maintain a healthy weight for your body

American Diabetes Association



More than **1 in 3**

84.1 million American adults (more than 1 in 3) have prediabetes—where their blood sugar levels are higher than normal but not high enough yet to be classified as type 2 diabetes.



Small, simple, sustainable steps can have a massive impacts on long term health!