



WE CAN BE STRONGER THAN DIABETES

It's Never Too Late To Prevent Diabetes

[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Doctor: Recent studies have shown that diabetes can be prevented and the results are even greater with my patients over age sixty. Losing a small amount of weight by getting some physical activity thirty minutes, five days a week and eating healthier has proven to be effective. Listen to the great results from one of my patients.

Patient: I had to learn how to change my way of eating because diabetes run in my family, and I wanted to take control of it before I got it.

Doctor: Having diabetes in your family and being overweight puts you at a higher risk for type 2 diabetes. These risks increase with age, which is why it is important to take your first step today.

Patient: There was a time I could not go from my basement up to my bedroom, but now I can and that means a lot to me.

Doctor: It's not too late to prevent diabetes. Join my patients who are taking small steps and gaining big rewards.

Announcer: For more information on how to prevent type 2 diabetes, call 1-800-438-5383. This is a message from the U.S. Department of Health and Human Services and the National Diabetes Education Program.

[Announcer] To access the most accurate and relevant health information that affects you, your family and your community, please visit www.cdc.gov.