1. KNOW THE TYPES OF DIABETES

<table>
<thead>
<tr>
<th>Type 1 diabetes</th>
<th>Type 2 diabetes</th>
<th>Gestational diabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Usually diagnosed during childhood or adolescence</td>
<td>Usually diagnosed in people aged 40 or older</td>
<td>Occurs in 5-10% of pregnancies; usually goes away after delivery</td>
</tr>
<tr>
<td>Not preventable</td>
<td>Preventable with diet, exercise, and weight management</td>
<td>Preventable with diet, exercise, and weight loss prior to pregnancy</td>
</tr>
</tbody>
</table>

2. KNOW THE WARNING SIGNS

- Increased thirst
- Hunger after eating
- Frequent urination
- Unexplained weight loss
- Blurred vision
- Headaches
- Fatigue
- Cuts or bruises that are slow to heal
- Tingling, pain, or numbness in the hands or feet

Some people don’t have any warning signs.

3. KNOW THE RISK FACTORS

- Parents and/or siblings with diabetes
- Being overweight or obese
- Lack of physical exercise
- High blood pressure
- A history of gestational diabetes or delivering an infant weighing more than nine pounds
- A history of polycystic ovary syndrome

4. KNOW HOW TO PREVENT TYPE 2 DIABETES

- Exercise regularly
- Maintain a healthy weight
- Eat right
- Get screened at your annual checkup

Explore MobilizeAZ.com to learn more.