



YOU ARE AT RISK



Aboriginal people are at high risk of type 2 diabetes.

Are you:

- Over 40?
- Overweight?

Do you have:

- Parents, brothers or sisters with diabetes?
- High blood pressure or high cholesterol?

Have you had:

- A baby over 4 kg (9 lb)?
- Diabetes while pregnant?

If you answered yes to any of these questions, talk with your healthcare team.

