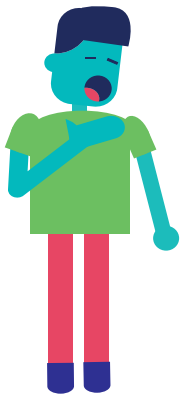


DON'T IGNORE THE WARNING SIGNS

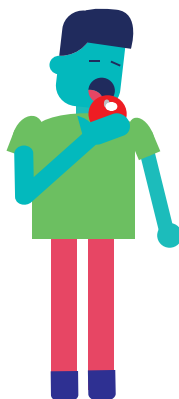
More tired?



More thirsty?



More hungry?



Going to the toilet more?



If you're experiencing any of these symptoms contact your GP

What can I do?

- ▶ Lose weight
- ▶ Stop smoking
- ▶ Move more
- ▶ Reduce your blood pressure

We can support you to make these positive lifestyle changes

The Risk Factors

- ▶ Close relatives with diabetes
- ▶ Certain ethnicities
- ▶ Being overweight
- ▶ Eating an unhealthy diet
- ▶ Not moving enough
- ▶ High blood pressure



Fill in a Type 2
Diabetes risk
form!



Find out if you're at risk by visiting your local pharmacy or our website:

www.onelifesuffolk.co.uk/type-2-diabetes

If you have Type 2 diabetes or want to reduce your risk

Call 01473 718193, email info@onelifesuffolk.co.uk

or visit www.onelifesuffolk.co.uk

