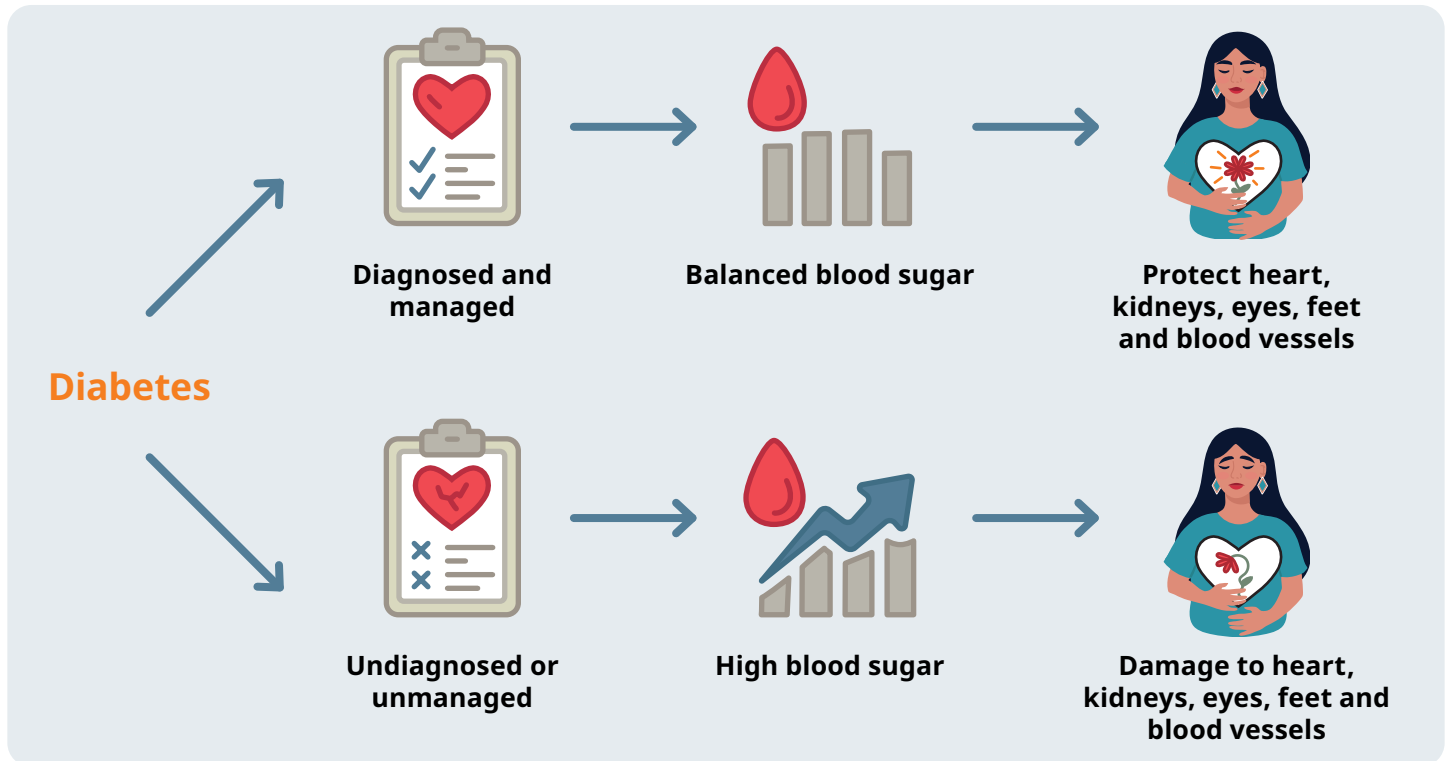


Diabetes Wellness: Check to Protect!



First Nations Health Authority
Health through wellness



If you are living with diabetes, early detection is key to protecting your health. A diabetes diagnosis can be a big change, but being aware helps you to plan to continue living a healthy, full and balanced life. Managing blood sugar levels helps to prevent damage from diabetes and supports overall wellness. Getting checked for diabetes is an important step on your wellness journey.

Did you know?

Most people with type 2 diabetes do not have symptoms. Even if you don't have symptoms, it's important to get checked regularly.

Who should get checked for diabetes and how often?

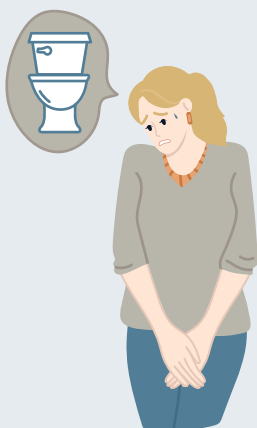
- Ages 40 and over: get checked every three years.
- Getting checked at a younger age, and more often, is recommended for:
 - People who have family history of diabetes;
 - People who could become pregnant; or
 - People with overweight or obesity.

To learn more, visit the FNHA diabetes webpage: www.fnha.ca/diabetes

Some common symptoms of high blood sugar are:



Feeling very thirsty



Needing to pee often



Feeling hungry all the time



Fatigue



Blurred vision



Slow healing cuts and sores

If you have questions about getting checked for diabetes, or any symptoms, we encourage you to talk to your health care provider.

What questions could you ask your health care team?

How can I get checked for type 2 diabetes?

Where can I get information and education about diabetes?

What is my A1C level (this is a blood level check that reflects your blood sugar)?

- A1C between 6.0-6.4% is pre-diabetes.
- A1C of 6.5% or above is diabetes.

What can I do to help keep my blood sugar balanced (not high and not low)?

To learn more, visit the FNHA diabetes webpage: www.fnha.ca/diabetes