

# PREVENT DIABETES

## KNOW YOUR HEALTH STATUS

Get a medical examination and a diabetes test at the nearest government hospital or health clinic



## IF YOU.....

- Are 35 years old and above
- Are overweight, fat or obese (BMI above 23kg/m<sup>2</sup>)
- Have a family history of diabetes
- Are inactive or do physical activity fewer than 3 times a week
- Have a high cholesterol level
- Have High Blood Pressure (hypertension) or your blood pressure is 140/90 mmHg or above
- Have symptoms of diabetes such as a wound that is difficult to heal, frequent thirst, frequent urination, constant itch or a fungal infection in the genitals
- Have Glucose Intolerance (or IGT)
- Are pregnant
- Are a woman who has a history of diabetes during pregnancy or a history of having big babies (weight of birth at 4kg or more)