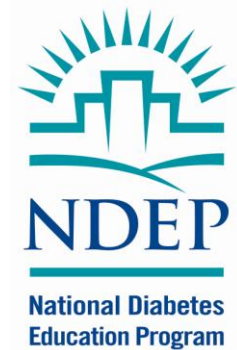


Four Questions You Should Ask Your Family About Health History

The answers to these key questions could help you prevent type 2 diabetes in your future.

- Does anyone in the family have type 2 diabetes? Who has type 2 diabetes?
- Has anyone in the family been told they might get diabetes?
- Has anyone in the family been told they need to lower their weight or increase their physical activity to prevent type 2 diabetes?
- Did your mother get diabetes when she was pregnant? This is also known as gestational diabetes (GDM).



If the answer to any of these is yes, or you have a mother, father, brother, or sister with type 2 diabetes, you may be at an increased risk for developing type 2 diabetes. Talk to your doctor and visit www.yourdiabetesinfo.org/familyhistory or call 888-696-NDEP to learn more about managing your risk and preventing or delaying type 2 diabetes.

Print this document out and bring it along to your next family gathering to help get the conversation started.