

You are overweight

You tire easily

You urinate large volumes and often.

**This means there is a considerable risk
of you having diabetes**

➔ **WHAT IS DIABETES?**

It is a very frequent disease in which there is too much sugar in the blood.

➔ **IF I DON'T DO ANYTHING, IS THERE A RISK?**

Diabetes progresses and causes irreversible damage to the eyes, kidneys and skin.

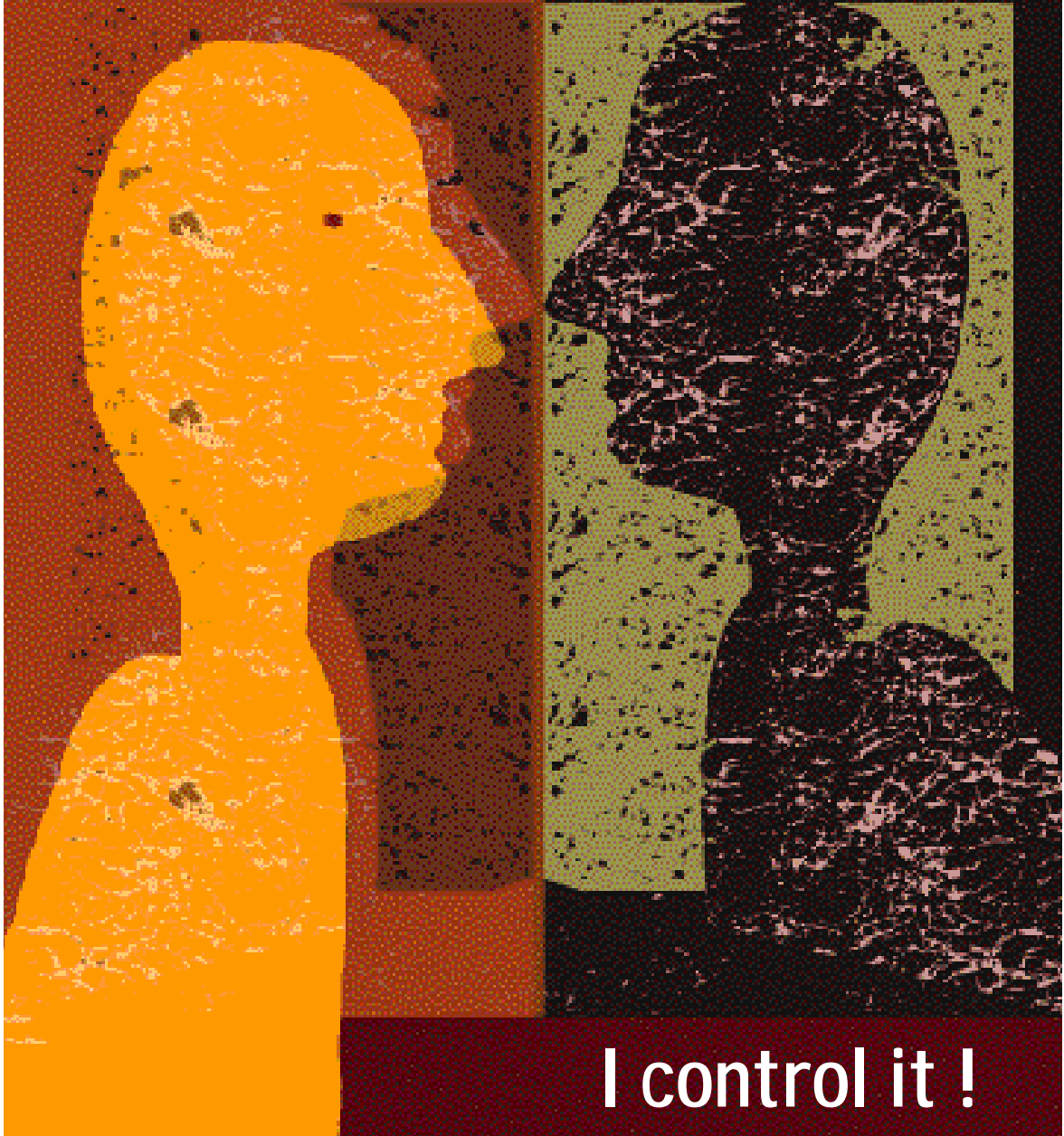
➔ **HOW CAN I REDUCE THIS RISK?**

You can control diabetes with diet and treatment, and by visiting your doctor regularly in his office or the hospital starting now and before complications set in.

**In France, national health care pays for 100%
of the management of your diabetes**

**Talk to the ANAEM staff or your local social worker.
They will explain how to claim for this benefit.**

My diabetes ?



I control it !

Non-insulin-dependent diabetes