

76 words, 30 seconds

HEALTH AWARENESS

Diabetes affects more than 29 million Americans. If left untreated, diabetes can lead to serious health problems such as heart disease, stroke, blindness, and kidney disease. Your family's health history can be an important factor in determining your risk of developing diabetes. The National Diabetes Education Program wants to help you—and your family—do all you can to prevent or delay the onset of type 2 diabetes. Visit Your-Diabetes-Info--dot--org to learn more.