

## WHY IS IT IMPORTANT FOR DIABETES TO BE DIAGNOSED EARLY?

Many people have diabetes for about 5 years before they show symptoms.

By that time, some people already have:

- heart disease
- eye damage
- kidney damage
- gum problems
- nerve damage caused by diabetes.

There's no cure for diabetes but **the earlier you know you have diabetes, the sooner you can make important lifestyle changes that reduce the risk of these complications:**

- Exercise
- Watch your diet
- Control your weight
- Take the medicine your doctor may prescribe
- See your doctor

**YOU CAN MAKE A BIG DIFFERENCE IN REDUCING OR PREVENTING THE DAMAGE THAT DIABETES CAN DO.**



The Hartford Hospital Diabetes Awareness and Screening Program,  
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