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.