



Optimum Life®

Health Talk

Diabetes Awareness

Diabetes is a serious disease. People get diabetes when their blood glucose level, sometimes called blood sugar, is too high. Diabetes can lead to dangerous health problems, such as having a heart attack or stroke. The good news is that there are things you can do to take control of diabetes and prevent its problems. This presentation will discuss the warning signs, types of diabetes and healthy lifestyle changes you can make to decrease and even reverse it.

