

Take the Diabetes Check-up.

Yes No

- | | | |
|--|--------------------------|--------------------------|
| 1. Are you over 65? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Are you overweight? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Are you over 45 and get little exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you have a parent, sister or brother who has diabetes? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Have you had a baby over 9 pounds? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do you have high blood pressure? | <input type="checkbox"/> | <input type="checkbox"/> |

Did you answer “Yes” to two or more of these questions?

You should see your doctor. Take this paper with you and show him your answers. Ask the doctor if you need to be tested for diabetes.

If you do not have a doctor see the next page for where to go for help.



If you do not have a doctor or insurance take this paper to any one of these places and show it to them. Ask them if they think you need to be tested for diabetes.

Neighborhood Health Services, Inc.
438 West Brevard Street
Tallahassee FL 32301
850-224-2469

The Bond Community Health Center
710 West Orange Avenue
Tallahassee FL 32310
850-576-4073

Leon County Health Department
1515 Old Bainbridge Road
Tallahassee FL 32303
850-488-2223

For more information about diabetes call these places.
National Diabetes Information Clearing House
800-860-8747

TMH Diabetes Center
1981-2 Capitol Circle NE
Tallahassee FL 32308
850-431-5403

For more information about diabetes you may call or visit
Greater Frenchtown Area
Governor’s Revitalization Counsel
Frenchtown “Diabetes and You” Project
Lincoln Neighborhood Service Center
438 West Brevard Street
Tallahassee FL 32301
850-224-8404

These are symptoms of diabetes.

1. You want to drink more and more water.
2. You feel tired all of the time.
3. You are losing weight without trying.
4. Things look blurry.
5. You have dry, itchy skin.
6. You have sores on your legs or feet that do not get better.
7. You sometimes have no feeling in your feet.

Not everyone has all of these symptoms. If you have more than two of these symptoms be sure to get help. It may save your life.

To contact Literacy Volunteers of Leon County e-mail literacyvolunteers@yahoo.com.
Visit our website at www.literacyvolunteersleon.org

Anyone Can Have Diabetes

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