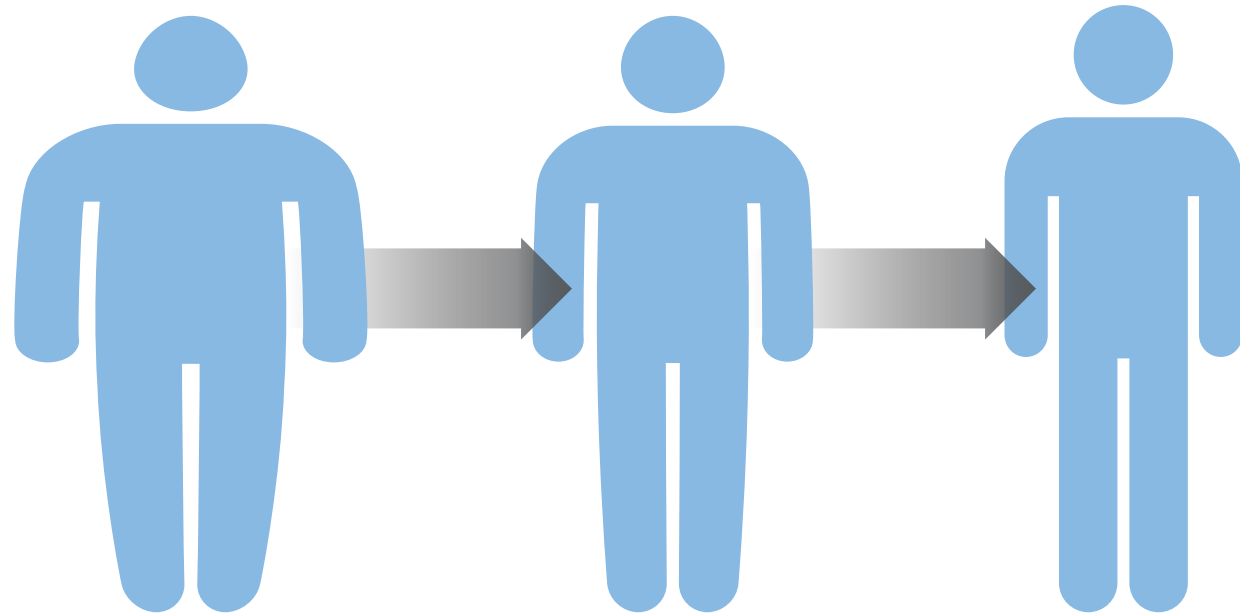


Reducing the Burden of Type 2 Diabetes

Simple lifestyle measures have been shown to be effective in preventing or delaying the onset of Type 2 Diabetes¹
Diabetes cannot be prevented in all cases but may be prevented or delayed through a healthy lifestyle²

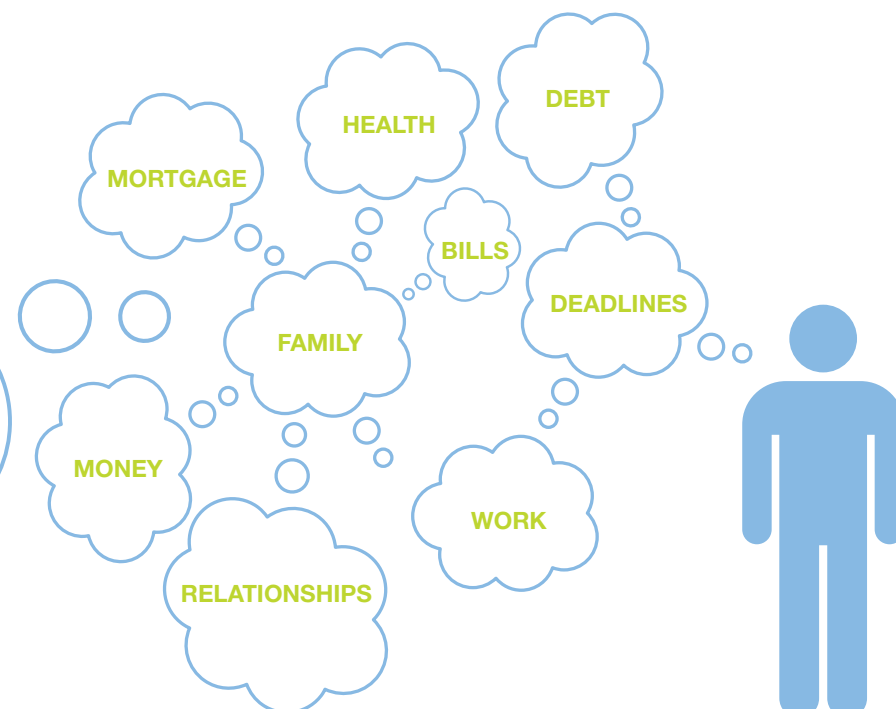
Achieve and maintain healthy body weight¹



eat a healthy diet²



An important factor is to learn to reduce stress²
Unnecessary worry can lead to earlier development of diabetes as well as several other diseases like heart disease²



Avoid tobacco use¹

