

Some Small Steps To Get You Started

Ask your doctor or other health care provider about a free test to see if you have diabetes or pre-diabetes. And do it soon.

For more information, call the
Columbus Research Foundation at Endocrine Consultants
706-322-1700, ext. 119

For information about diabetes and pre-diabetes:

American Diabetes Association
1-800-DIABETES (1-800-342-2383)
www.diabetes.org

The National Diabetes Education Program
1-800-438-5383
www.ndep.nih.gov

Medicare
1-800-MEDICARE (1-800-633-4227)
www.medicare.gov/health/diabetes.asp



A National Drive to
Find the Undiagnosed
MedicareDiabetes
Screening Project

Supported by a grant from Novo Nordisk Inc.

“Could I have diabetes and not know it?”



**Now seniors can get a
free screening test and find out.**

As you get older, your risk for type 2 diabetes increases. Most people who are age 65 or older are at risk for type 2 diabetes or pre-diabetes.

The next time you see your doctor or other health care provider, ask about a free test for diabetes, covered by Medicare.

MedicareDiabetes
Screening Project

Knowing Is Better Than Not Knowing

In Columbus, Georgia, some 12,000 seniors don't know that they have diabetes or pre-diabetes. Could you be one of them?

Get checked for diabetes. If you find out that you do have diabetes, you can begin to take care of it.

You can work with your doctor and other health care providers to get in control of your diabetes. Good control can reduce your chances of a heart attack, stroke, blindness, kidney disease, or amputations.

After getting checked, you might instead learn that you have pre-diabetes. If so, you can take steps to prevent diabetes from happening in the first place.



Medicare Covers Testing For Diabetes



Most people age 65 or older can get a free test for diabetes, once a year.

If you learn that you have pre-diabetes, you can get another free test for diabetes six months later. And if you lose a little weight, and get more physical activity, you can greatly increase your chances of preventing diabetes.

