

Diabetes PSA (:30) Not Too Late

FOR OLDER ADULTS AUDIENCES

[Male Doctor] Diabetes can be prevented, even more so in my patients over 60.

Losing a small amount of weight by getting some physical activity five days a week and eating healthier has proven to be effective.

[Female] There was a time I could not go from my basement up to my bedroom. But now I can and that means a lot to me.

[Male Doctor] Join my patients who are taking small steps and gaining big rewards.

[Announcer] For more information on how to prevent diabetes, call 1-800-438-5383.

A message from the U.S. Department of Health and Human Services.