

Diabetes PSA (:60) Not Too Late

FOR OLDER ADULTS AUDIENCES

[Male Doctor] Recent studies have shown that diabetes can be prevented, and the results are even greater with my patients over age 60.

Losing a small amount of weight by getting some physical activity 30 minutes five days a week and eating healthier has proven to be effective. Listen to the great results from one of my patients.

[Female] I had to learn how to change my way of eating because diabetes run in my family and I wanted to take control of it before I got it.

[Male Doctor] Having diabetes in your family and being overweight puts you at a higher risk for type 2 diabetes. These risks increase with age, which is why it is important to take your first step today.

[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] It's not too late to prevent diabetes. Join my patients who are taking small steps and gaining big rewards.

[Announcer] For more information on how to prevent type 2 diabetes, call 1-800-438-5383.

This is a message from the U.S. Department of Health and Human Services and the National Diabetes Education Program.