

# Diabetes: A Family Matter

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## It's in the Genes

**Know your family's risks and choose a healthy lifestyle.**

\* Families are at risk for diabetes. When a family member has diabetes, others may also be at risk! Learn ways to prevent it or delay its start.

\* **Talk** with your family and **live a healthy life.**



\* Genes are important, but **how you care for your body makes a difference.**

**You can reduce your risk!**



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For more information visit:  
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