

## **Diabetes-are you at risk?**

### **The Diabetes Australia-Take the tick test**

**Give yourself a tick if...**

- I have/ had a family member with diabetes and am 45 or over.
- I have had heart disease or have had a heart attack.
- I have/ had a borderline high blood glucose test or have been told I have impaired glucose tolerance. (IGT)
- I am overweight and 45 or over.
- I have high blood pressure and am 45 or over.
- I am over 55.
- I had diabetes during pregnancy (Gestational diabetes)
- I am overweight and have Polycystic Ovarian Syndrome
- I am of Chinese, Indian or Pacific Islander heritage and am over 35.
- I am Aboriginal or Torres Strait Islander and am 35 or over.

**If you have ticked one or more of the boxes then you are at risk of diabetes. Please take this test to your doctor and ask to be tested for diabetes.**

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