

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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