

齊來正視糖尿病 LET'S BEAT DIABETES

如你有以下任何一項風險因素，請諮詢你的家庭醫生：

If you have one of these risk factors, please consult your family doctor:

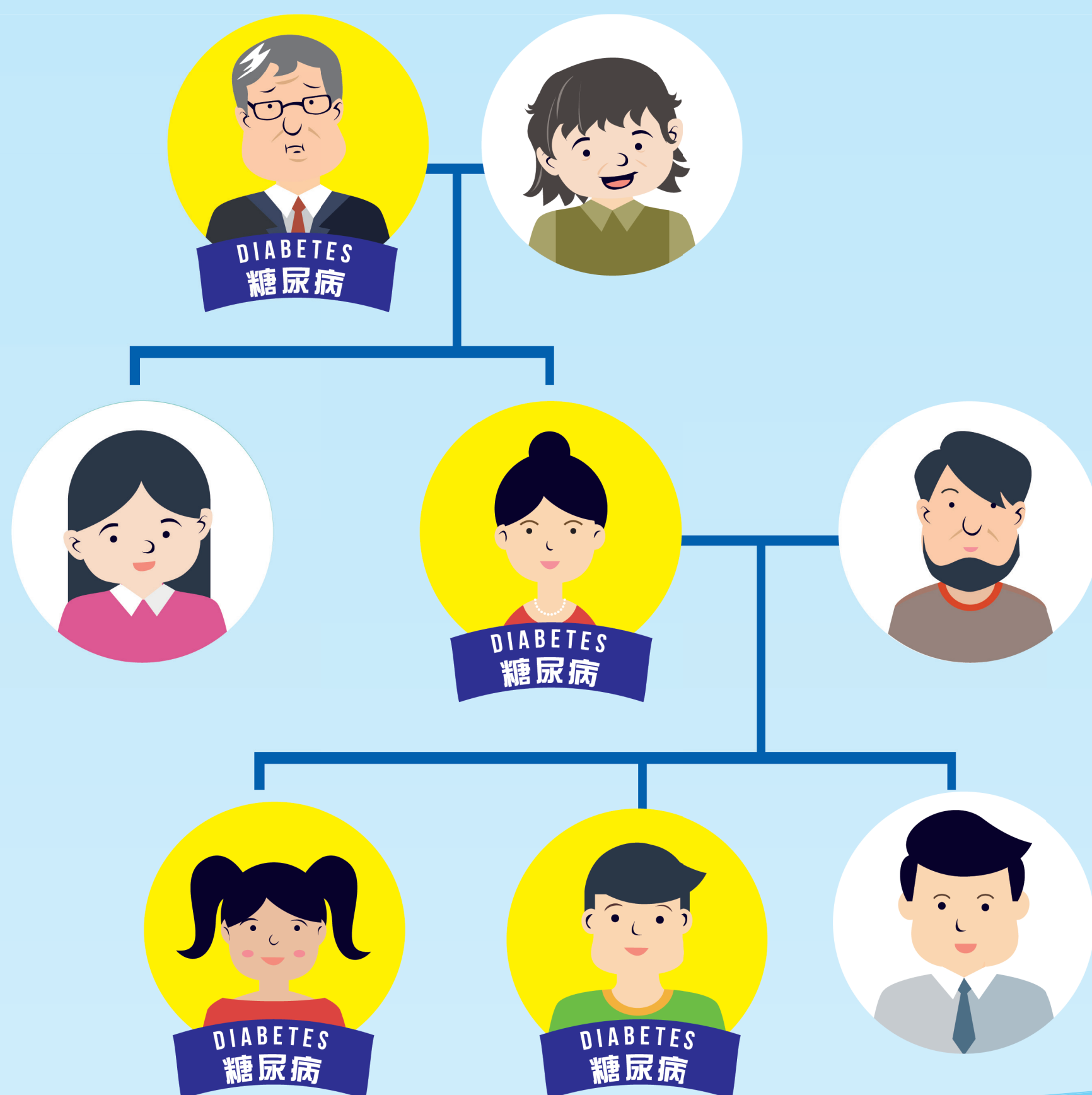
☒ 睇一睇，今年幾多歲
WATCH YOUR AGE

45歲或以上要驗血糖喇！

Check blood sugar
if you are 45 or above



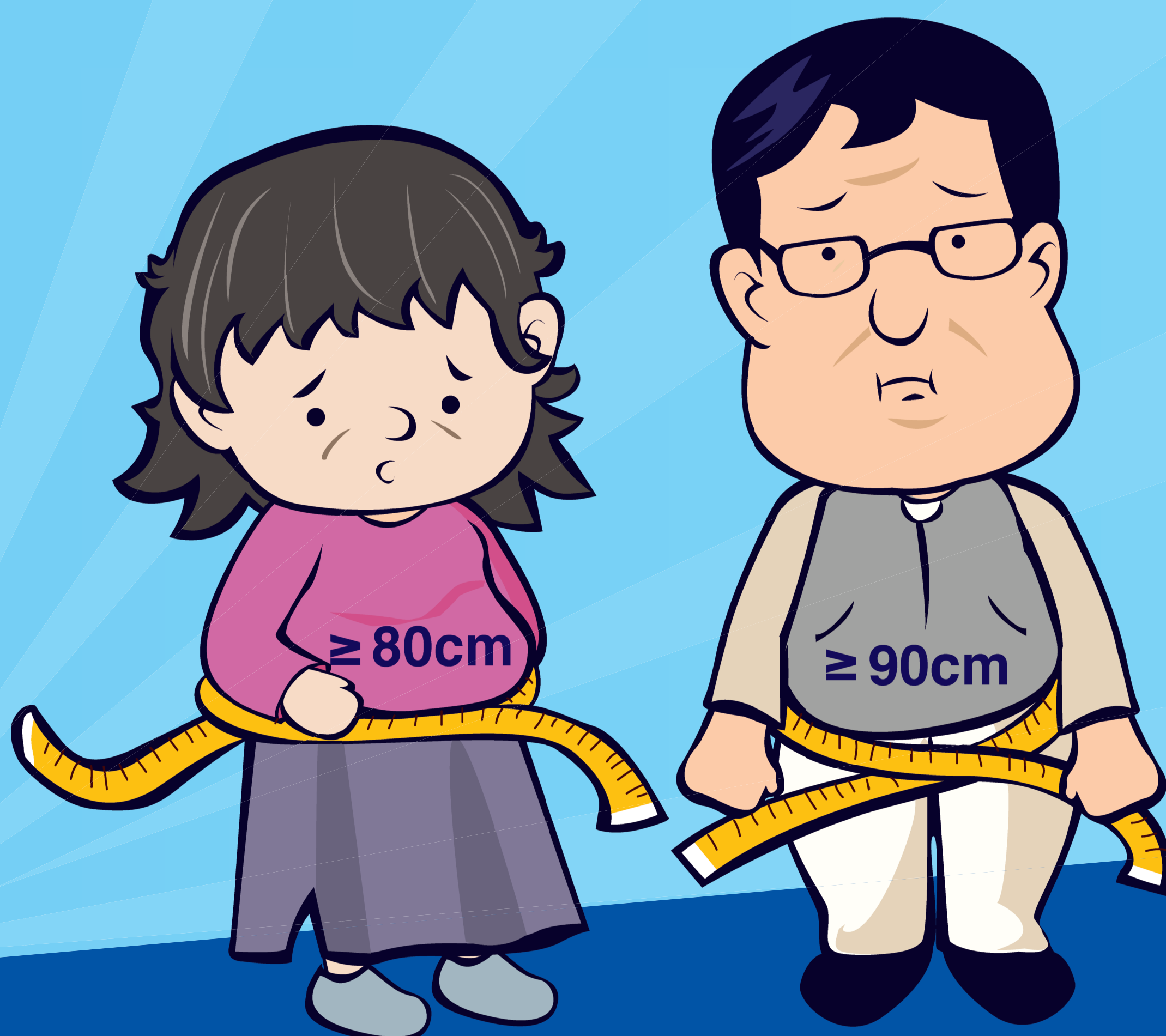
☒ 問一問，糖尿家族史
REVIEW YOUR FAMILY HISTORY



☒ 磅一磅，體重有多少
CHECK YOUR WEIGHT



☒ 度一度，腰圍有幾粗
MEASURE YOUR WAIST



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衛生署
Department of Health