

You can't ignore **Diabetes.** But you can do something about it.

Nearly half of all American adults have diabetes or prediabetes—a staggering number. If you're lucky enough not to have diabetes yourself, the odds are someone you love does. Many don't believe diabetes is serious. But it is, and it can be deadly.

Diabetes doesn't care who you are, how old you are, or how healthy you feel. It visits one of us every 21 seconds.

This November, for American Diabetes Month, we invite you to do something about it. On the right are three simple actions you can take to send a message back to diabetes.

Write a letter to Diabetes



1. Consider what you would say to Diabetes. **How does it make you feel?**
2. Write a letter to Diabetes expressing your feelings. **Not a writer?** Record a video or audio message.
3. Share your letter to Diabetes on social media using **#DearDiabetes**.



LEARN YOUR RISK

1 in 3 American adults is at risk for type 2 diabetes. Learn your risk with a one-minute risk test. [Diabetes.org/risktest](https://diabetes.org/risktest)



WRITE TO DIABETES

Diabetes affects all of us. It comes into our lives and tells us that it's not something to be ignored. Now it's time to send diabetes a message back.



DONATE TODAY

Every 21 seconds someone is diagnosed with diabetes. Together, we can improve the lives of all people affected by diabetes. Donate today. [Diabetes.org/donate](https://diabetes.org/donate)

Help spread the word.

#DearDiabetes

Join us in showing others how diabetes affects us all. Get campaign resources at diabetes.org/deardiabetes.



1-800-DIABETES (800-342-2383)



NEW YORK STATE
PODIATRIC MEDICAL
ASSOCIATION