



## Law Enforcement Health Benefits, Inc.

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*John J. Gattens, Administrator*

# FACTS ON DIABETES

## SEVENTH LEADING CAUSE OF DEATH

- Caused when your body does not produce enough insulin to break down sugar in your blood
- Serious health problems occur when your blood sugar is out of control
- **Six million** **Americans have diabetes**

## COMMON SYMPTOMS

- Frequent Urination
- Excessive Thirst
- Unexplained Weight loss
- Extreme Hunger
- Sudden vision changes
- Tingling or numbness in hands or feet
- Feeling tired
- Sores are slow to heal

## DO YOU OR A FAMILY MEMBER HAVE DIABETES?

### PLEASE CALL THE LEHB CARE MANAGEMENT TEAM

To schedule an appointment with **Temple Diabetic Program** call LEHB

- Flexible times & locations

- **LEHB NURSE AVAILABLE AT 2233 SPRING GARDEN STREET MONDAY-FRIDAY 8AM-4PM**

SIGN UP FOR AN APPOINTMENT , RECEIVE PROFESSIONAL ASSISTANCE, HELP MANAGE YOUR DIABETES

**& GET A CHANCE TO WIN \$50.**

**CALL LEHB & ASK FOR SYLVIA OR EDORIS**