

ALL IT TAKES IS A

PIECE OF STRING

ONE OF THE EARLIEST SYMPTOMS OF
PREDIABETES IS AN EXPANDING WAISTLINE

TAKE A PIECE OF STRING MEASURE YOUR
WAIST WHERE YOU BEND NATURALLY IN THE
MIDDLE, THEN MEASURE YOUR HIPS WHERE
YOUR LEG JOINS YOUR TORSO.

IF YOUR WAIST MEASUREMENT IS LARGER
THAN YOUR HIPS THIS COULD BE AN
EARLY WARNING SIGN



TAKE ACTION AND PREVENT THE
DEVELOPMENT OF DIABETES

SEE AN EYE CARE PROFESSIONAL TO CHECK FOR EARLY
CHANGES IN THE EYE THAT YOU COULD BE UNAWARE OF, AND
GET YOUR BLOOD SUGAR LEVEL CHECKED.

FOR MORE INFORMATION PLEASE CONTACT RETINA SOUTH
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