



Keeping Diabetes In Check

According to the Centers for Disease Control and Prevention, 37.3 million American adults are living with diabetes. This chronic condition can lead to kidney failure, lower-limb amputations, and adult blindness.

THE GOOD NEWS: With a few lifestyle changes, type 2 diabetes can be prevented. You can lower your risk by more than half, just by eating better and exercising more.

THE GUIDELINES: If you already have diabetes, get your hemoglobin A1c (HbA1c) test at least twice a year. By keeping blood sugar levels in check and getting routine eye exams, you can take charge of your health before a complication arises.

Contact your primary care provider to schedule a check-up today!



Memorial Health Network is a physician-led organization created to manage and operate a clinically integrated provider network in collaboration with Memorial Healthcare System. Broward Guardian is a Medicare accountable care organization (ACO), operating under Memorial Healthcare System and providing enhanced coordinated care to the South Florida community.