



Screen and Intervene: Keep Diabetes in Check

 Memorial Health Network

 Broward Guardian

According to the Centers for Disease Control and Prevention, **38.1 million American adults are living with diabetes**. If not properly managed, complications can include blindness and kidney disease.

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 steps to improve your health before a serious issue arises.



Get screened! Contact your primary care provider to schedule a visit.

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.