

60 Second RHA Radio Spot

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Undiagnosed Type 2 diabetes. It kills not to know. So what do you need to know?

Hi, I'm Chantelle D'Andreamatteo, Manager of Healthy Living from RHA Central. Your body needs insulin to convert what you eat into energy. Type 2 Diabetes occurs when your body cannot produce enough insulin or use the insulin it produces properly.

Symptoms of undiagnosed Type 2 Diabetes include:

- Numbness or pain in your hands or feet
- Frequent urination
- Unusual thirst
- Blurred vision or
- Weight changes.

If you have undiagnosed Type 2 diabetes, you may be at risk to develop serious complications such as a heart attack, stroke, kidney problems, eye disease or damage to your feet.

Getting checked is easy. Simply talk to a health care professional and a simple blood test can put you on the road to recovery. The more you learn about diabetes, the better you will be! For more information, visit www.diabetes.ca

That's November's monthly minute from RHA Central, helping you become, AS HEALTHY AS CAN BE!