

NOVEMBER IS

# Diabetes Awareness

MONTH

Diabetes can affect anyone, at any age, or size.

1 in 3 Americans have prediabetes

1 in 10 Americans have diabetes

1 in 3 Natives will develop diabetes

You can manage your diabetes  
with the help of a health professional,  
by eating nutritious food,  
and by staying active

Protect yourself.

Protect your family.

Learn how you can take  
these steps by contacting  
our health professionals.

**Call 707-236-8382**

Joan DeVito, RD, CDE, ext. 1617  
or Dawn Pavli, RDN at ext. 1629



*We're here to help you  
on the path to greater health.*



707-263-8382  
1-800-750-7181

**Lake County Tribal Health**

Modern Medicine  Personalized Care

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[www.lcthc.com](http://www.lcthc.com)