



DIABETES

CONCERNS EVERY FAMILY

Knowing your family health history is important because it gives you information about your risk for type 2 diabetes and other health problems. In fact, most people with type 2 diabetes have a family member - such as a mother, father, brother, or sister - with the disease

Here are some questions to help you learn more about your family history of diabetes. **Four Questions You Should Ask Your Family About Diabetes**

- Does anyone in the family have type 2 diabetes? Who has type 2 diabetes?
- Has anyone in the family been told they might get diabetes?
- Has anyone in the family been told they need to lower their weight or increase their physical activity to prevent type 2 diabetes?
- Did your mother get diabetes when she was pregnant? This is also known as gestational diabetes .

If the answer to any of these is yes, or you have a mother, father, brother, or sister with type 2 diabetes, you may be at an increased risk for developing type 2 diabetes.

If the answer to any of these is yes, or you have a mother, father, brother, or sister with type 2 diabetes, you may be at an increased risk for developing type 2 diabetes.