

YOUR LIFESTYLE MATTERS

*Women Veterans have **higher rates of diabetes** than non-Veterans*

Whether you're diabetic or prediabetic, it's not too late to take control of your health. Simple lifestyle changes can make a big difference.

Speak with your VA health care team about our wide range of treatment options. If you're on the path to diabetes, we can help you delay or prevent type 2 diabetes, heart disease, and stroke.



WOMEN VETERANS CALL CENTER
855.VA.WOMEN

www.womenshealth.va.gov

VA



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