

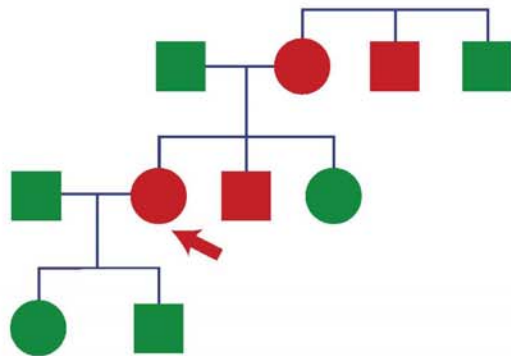
Do **YOU** know Vanessa?

Vanessa, 35, just finished walking with her daughter and feels great. These walks are now part of their daily routine, and her health care provider tells her she won't need medication for her diabetes in the foreseeable future.

But for a thorough primary care provider, Vanessa's outlook may not have been so good. All too often, **diabetes** goes undiagnosed for years while high blood sugars silently attack vulnerable organs like the eyes, kidneys and heart. By the time symptoms appear, organ damage has already occurred.

Luckily for Vanessa, her health care provider asked about her family history at her last physical and found that her mother, uncle and brother all developed diabetes in their mid-40s. Vanessa's fasting blood sugars were in the diabetic range.

One year later, thanks to changes in diet and exercise, Vanessa's sugars are nearly normal and she is helping the rest of her family adopt a healthy lifestyle.



The next time you see a “Vanessa,” take the time to obtain a complete family history. She—and her family—will thank you.



The U.S. Surgeon General's **MY FAMILY HEALTH PORTRAIT TOOL** can help your clients gather and organize their family history before visiting your office. Direct them to it at www.surgeongeneral.gov/familyhistory/

