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Type 2 diabetes can be prevented or delayed

If you're South Asian and over 25, you're more at risk of developing Type 2 diabetes which can lead to serious complications if left untreated.

The Diabetes UK risk tool will help you to find out if you're at risk of developing this serious condition. It takes just a few minutes and could be the most important thing you do today.

Search '**Know Your Risk**'

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME