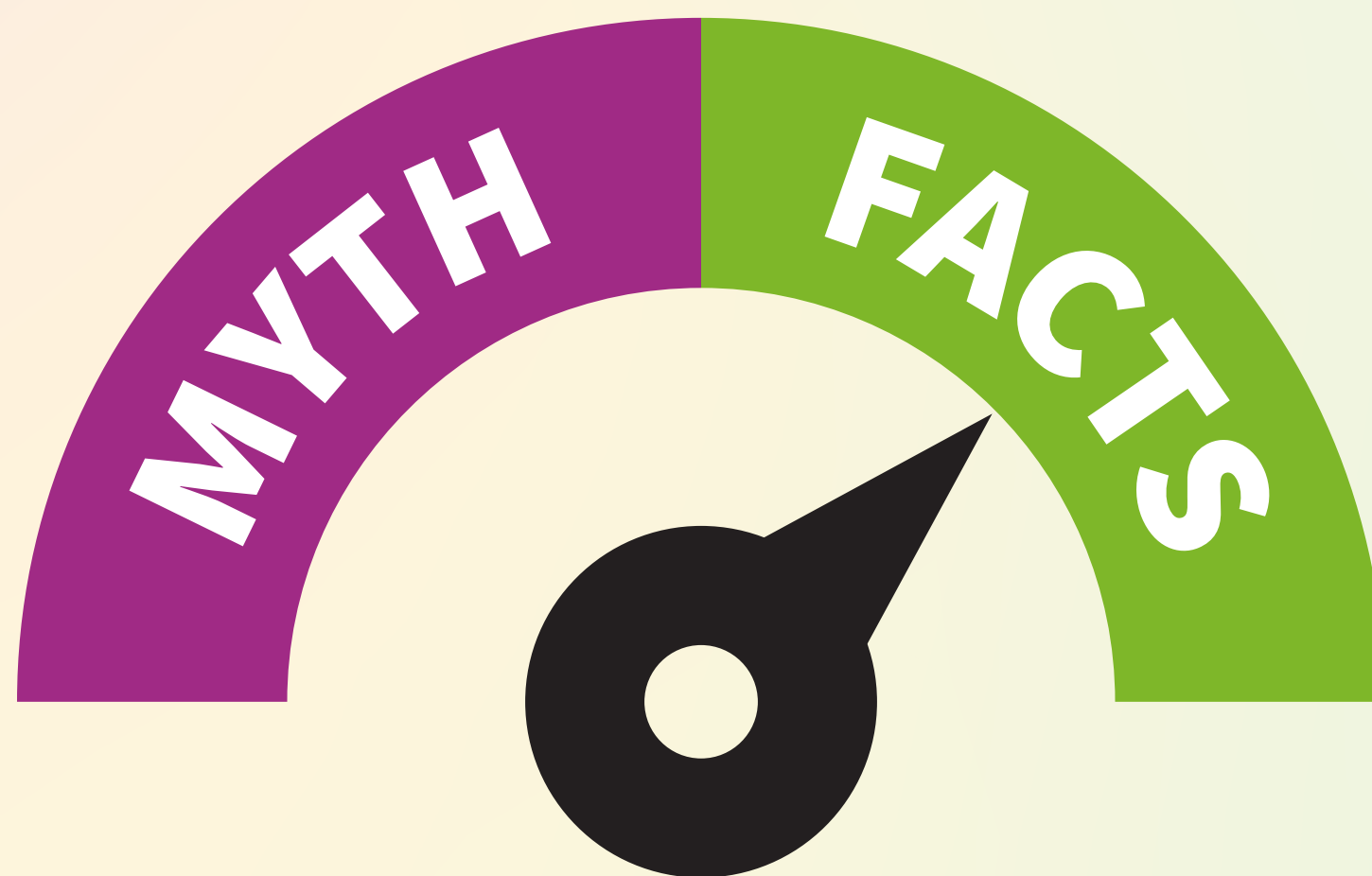




**TOGETHER FOR HEALTH.**

**STAND WITH SCIENCE.**

**WHAT WE THINK.**  
**WHAT SCIENCE KNOWS.**  
**EVERYDAY MOMENTS.**  
**REAL HEALTH TRUTHS.**



# DIABETES

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SITTING AT A CAFÉ, CRAVING A CHOCOLATE CAKE. RESISTING THE DESIRE TO EAT, FEELING GOOD WITH THEMSELVES.

**“IF I DO NOT EAT SUGAR, I WILL NEVER GET DIABETES”**

**MYTH SAYS**



**Eating sugar causes diabetes**

**SCIENCE STATES**



**Diabetes is shaped by overall lifestyle and genetics, not sugar alone**

# HYPERTENSION

WALKING UP THE STAIRS, SLIGHTLY OUT OF BREATH. PAUSES, THEN SHRUGS IT OFF. FEELING FINE OTHERWISE.

**“I’M STILL YOUNG, THIS CAN’T BE HIGH BLOOD PRESSURE”**

**MYTH SAYS**



**Only older people get hypertension**

**SCIENCE STATES**



**Hypertension can affect adults at any age and often has no symptoms**

# CARDIOVASCULAR DISEASE

SCROLLING THROUGH HEALTH HEADLINES.  
SKIPS PAST A STORY ON HEART DISEASE. IT  
FEELS DISTANT, IRRELEVANT.

**“THAT’S MOSTLY  
A MEN’S PROBLEM”**

**MYTH  
SAYS**




**Cardiovascular disease  
mostly affects men**

**SCIENCE  
STATES**



**Heart disease affects  
both women and  
men and is a leading  
cause of death for  
both**



**FOR MORE  
INFORMATION,  
ADVICE, AND  
REGULAR CHECK-UPS,  
VISIT YOUR NEAREST  
FAMILY MEDICINE  
CENTER OR REGIONAL  
HOSPITAL.**