Prediabetes: Are you at risk?

What is prediabetes?
Prediabetes is a condition in which blood glucose levels are higher than normal but not high enough to be diagnosed as type 2 diabetes.

Are you at risk?
You could have prediabetes if you:

• Are 40 years of age or older
• Have a BMI that is categorized as overweight or obese
• Have a history of gestational diabetes
• Have a family history of type 2 diabetes
• Have certain medical conditions like high blood pressure
• Have a sedentary lifestyle

Why act now?
If you have prediabetes, you may be at higher risk for developing type 2 diabetes or other medical issues in the future.

Here’s the good news...
If you are diagnosed with prediabetes, there are treatment options to help prevent or delay type 2 diabetes.

Your treatment options may include the National Diabetes Prevention Program lifestyle change program, medication or medical nutrition therapy.

Get tested for prediabetes — talk with your doctor today.

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