

# 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.

**9 out of 10** adults who have prediabetes don't know they have it



## 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.

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**Get tested for  
prediabetes — talk with  
your doctor today.**

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