PREDIABETES:

It's serious. It's common. It's reversible.

Prediabetes is a serious health condition characterized by blood sugar levels that are higher than normal, but not yet high enough for you to be diagnosed with type 2 diabetes.

With type 2 diabetes, your body does not use insulin properly. That causes your blood sugar levels to rise. Over time, type 2 diabetes increases the risk of serious health problems such as kidney disease and blindness.

Lorem ipsum

1 in 3 U.S. adults has prediabetes

90 percent of them don't know they have it

FASTING BLOOD SUGAR LEVELS

Normal
below 100 mg/dL

Prediabetes
100 mg/dL to 125 mg/dL

Type 2 diabetes
126 mg/dL or higher

Nearly **1** in **10** upstate N.Y. adults has been told they have prediabetes.

In upstate N.Y., **50 percent** of non-diabetic adults have not been tested for high blood sugar in the past 3 years.

PREDIABETES INCREASES YOUR RISK OF:

- Type 2 diabetes
- Heart disease
- Stroke

You can have prediabetes but have no symptoms.

A blood sugar test can show if you have prediabetes. Talk with your doctor about getting your blood sugar tested if you are:

- Overweight
- A child or sibling of someone with type 2 diabetes
- Physically active less than 3 times a week
- African-American, Hispanic/Latino-American, American Indian or Alaska Native

If you have prediabetes, you can help bring blood sugar back to normal by:

Eating healthy foods

Exercising regularly

Maintaining a healthy weight

Without lifestyle changes, people with prediabetes are very likely to progress to type 2 diabetes.

Make an appointment to talk with your doctor about your risk. Take care of your future health today.

Learn more about prediabetes:

Visit **DoIHavePrediabetes.org** and take a 1-minute risk test

Visit **CDC.gov/diabetes/prevention** for information regarding the National Diabetes Prevention Program

univera® HEALTHCARE
an excellus company

UN-2725/13147-19CC