



UNDERSTANDING *Prediabetes*

Prediabetes is a condition in which blood sugar levels are higher than normal but not yet high enough to be diagnosed as type 2 diabetes. It's a critical juncture where proactive lifestyle changes can prevent or delay the onset of diabetes and its associated complications. Here's what you need to know:

WHAT IS PREDIABETES?

Prediabetes occurs when blood sugar levels are elevated, but not high enough to be classified as diabetes. It's often a precursor to type 2 diabetes, but with intervention, progression can be halted or reversed.

SYMPTOMS OF PREDIABETES:

Prediabetes often has no symptoms. However, some individuals may experience:

- Increased thirst
- Fatigue
- Frequent urination
- Blurred vision
- Slow-healing sores or infections

If you have risk factors for prediabetes or are experiencing symptoms, don't wait. Talk to your healthcare provider about getting tested. Remember, small changes today can lead to significant improvements in your health tomorrow



RISK FACTORS FOR PREDIABETES

- **Weight:** Being overweight or obese significantly increases the risk of prediabetes.
- **Inactivity:** Lack of regular physical activity is a major risk factor.
- **Family History:** Having a family member with diabetes increases your risk.
- **Age:** Prediabetes is more common in individuals over the age of 45.
- **Gestational Diabetes:** Women who had gestational diabetes during pregnancy are at higher risk.
- **Race/Ethnicity:** Certain ethnic groups, such as African Americans, Hispanics, Native Americans, and Asians, are at increased risk.