

What is prediabetes?

Are you a midlife adult with some extra pounds around your middle? If your blood sugar is high, you may not have diabetes yet. But you may have prediabetes (*PREE-dy-uh-beet-eez*).

You say you feel fine. Could you have prediabetes? Yes. It may already be harming your eyes, your heart, and your kidneys.

It's very important for people with prediabetes to change their diet and get more exercise. If they don't, they are likely to get diabetes within 10 years.

Check (✓) one answer for each.

My blood sugar is low normal high

I need to lose weight. yes no

I need to exercise more. yes no

“Advice is what we ask for when we already know the answer but wish we didn’t.”

— Robert Orben

To learn more

National Diabetes Information Clearinghouse. Visit www.diabetes.niddk.nih.gov or call 1.800.860.8747.

National Center for Chronic Disease Prevention and Health Promotion, a division of the Centers for Disease Control and Prevention. Visit www.cdc.gov/diabetes or call 1.800.232.4636 (*1.800.CDC.INFO*).

National Diabetes Education Program. Visit www.ndep.nih.gov.

American Diabetes Association, the nation's leading nonprofit diabetes research, information, and advocacy group. The ADA has education programs in every state and has local offices in more than 800 communities. Visit www.diabetes.org, or call to contact your local office, 1.800.342.2383 (*1-800-DIABETE*).



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NO. 189-8

What you should know about type 2 Diabetes

TheWholeXYou: QuickReadBrochures

Why you should care

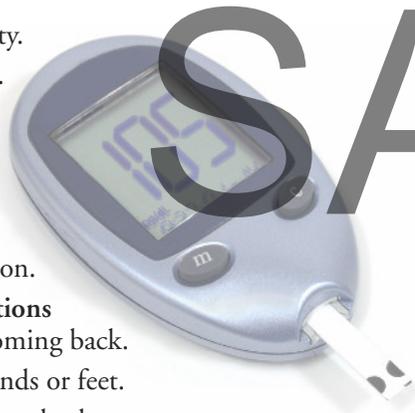
Many adults with diabetes don't even know they have it. And more children and teens get diabetes every day. Could you be one of them?

Diabetes can cause blindness and kidney failure. Doctors remove more legs due to diabetes than for any other reason. People with diabetes are also more likely to get heart disease.

Diabetes develops over time. You can't catch diabetes, and you can't give it to anyone else. This brochure is about type 2 diabetes, the most common kind.

Signs of diabetes

- Feeling very hungry or thirsty.
- Losing weight for no reason.
- Feeling very tired or sleepy.
- Getting irritated easily.
- Peeing very often, especially at night.
- Trouble seeing or blurry vision.
- Skin, gum, or bladder infections that happen often or keep coming back.
- Tingling or numbness in hands or feet.
- Cuts or bruises that are slow to heal.
- No signs (you can have diabetes without any signs at all).



Are you at risk for diabetes?

Take this quick self-test to find out. Check (✓) all the boxes that are true for you:

- My mother, father, brother, or sister has diabetes.
- I am overweight.
- I'm not very active. I exercise fewer than 3 times a week.
- I am 40 years old or older.
- I am African American, American Indian, Asian American, Pacific Islander, or Hispanic American/Latino.
- I got diabetes when I was pregnant. Or I gave birth to a baby over 9 pounds.
- I have been diagnosed with hypertension (*high blood pressure*).

If you checked any of these boxes you may be at risk. Ask your doctor if you need to be tested.

Source: American Diabetes Association

SAMPLE You can prevent diabetes

- Lose weight. Even 15 pounds can lower your risk a lot.
- Exercise. Even a brisk walk 5 times a week can help.
- Get tested for diabetes every 3 years. (See below.)

Get tested starting at age 45

Get tested for diabetes every 3 years if you are 45 or older and healthy.

If you're at risk, get tested younger and more often. A quick "finger-stick" blood test can check for high blood sugar. But it can't tell you for sure if you have diabetes. For that, you'll need to have your blood drawn after fasting (*not eating*) overnight.

Source: American Diabetes Association

last blood test date	next blood test due
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Got diabetes?

Do you already have diabetes? If so, losing weight, eating healthy, and exercising are even more important. They can help you manage your disease. You may also need medicine or insulin shots. Talk to your doctor.