

# Beware! You may have PRE-diabetes and not know it.

Pre-diabetes puts you ***at risk*** for diabetes and heart disease



## Am I at risk?

Pre-diabetes is more likely for you if:

- You have family members who have diabetes or pre-diabetes
- You are Alaska Native, American Indian, African-American, Hispanic, Asian or Pacific Islander
- You are overweight
- You do not get enough physical activity
- You are over 45 years of age

## How do I find out?

Talk to your health care provider about a test for pre-diabetes.

OR go to [www.diabetes.org](http://www.diabetes.org)

(type pre-diabetes risk calculator in the search box)

## You can prevent or delay diabetes!