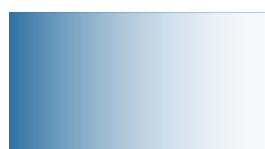


PRE-DIABETES

Act now to protect your health!

Prediabetes is a warning sign that you may develop diabetes. It means your blood sugar or Hemoglobin A1C levels are higher than normal but not high enough to be called diabetes.



Fasting	Diabetes: 126 mg/dl or greater
Glucose	Pre-Diabetes: 100-125 mg/dl
Ranges	Normal: 99 or less mg/dl

The A1C test measures your average blood glucose for the past 2 to 3 months.



Hemoglobin	Diabetes is diagnosed at an A1C of greater than or equal to 6.5%
A1C	PreDiabetes: 5.7% to 6.4%
Ranges	Normal: less than 5.7%



Diabetes Risk Factors you cannot control:

- Family history of diabetes
- High risk ethnic background
- Other medical conditions

Diabetes Risk Factors you can control:

- Overweight / obesity
- Activity level
- Diet