

Take steps to

PREVENT or DELAY

type 2 diabetes

SOME GOOD NEWS ABOUT TYPE 2 DIABETES

You can take steps to prevent or delay onset of type 2 diabetes. Here are a few good starting points:

- Increase daily physical activity to 30 minutes a day with exercises you enjoy
- Choose healthier foods such as fruits, vegetables, and whole grains
- Consider losing weight if you're overweight: Studies show that a weight loss of 5-7% of total body weight can help lower a person's risk
- Stay relaxed with calming activities like deep breathing exercises, walking, and reading a good book



See other side for information about pre-diabetes.

PRE-DIABETES FACTS

ABOUT PRE-DIABETES

Pre-diabetes, also called impaired glucose tolerance (IGT) or impaired fasting glucose (IFG), is a condition in which your blood glucose (blood sugar) levels are higher than normal but not high enough for a diabetes diagnosis.

ASSOCIATED RISKS

Having pre-diabetes puts you at higher risk for developing type 2 diabetes. If you have pre-diabetes, you are also at increased risk for developing heart disease and stroke.

PRE-DIABETES TESTING

Ask your doctor about regular pre-diabetes testing to measure blood glucose levels. Two tests are used: a fasting plasma glucose (FPG) test or oral glucose tolerance test (OGTT).

See other side for steps you can take to prevent pre-diabetes and type 2 diabetes.