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| One in three American adults  have prediabetes.  Yet, nine out of ten people with prediabetes  don’t know they have it.1  **There is good news, however.**  Progression from prediabetes to Type 2 diabetes isn’t inevitable. Eating healthy foods, making physical activity part of your daily routine, and staying at a healthy weight can help bring your blood sugar level back to normal.  **Why reduce your risk?**  Diabetes involves problems with a hormone called insulin. Normally insulin helps control our blood sugar levels, moving it from our bloodstream into our cells to be used for energy. Diabetes can lead to long-term complications such as artery, kidney,  Nerve, and eye damage. Diabetes also can increase the risk of heart disease.  Prediabetes doesn’t usually have any signs or symptoms, so talking to your provider about getting your blood sugar tested is extremely important.  **Contact your healthcare provider to schedule your annual health screenings and to discuss your individual eating and physical activity habits today!**  Sources: [What is Diabetes?](https://www.cdc.gov/diabetes/basics/diabetes.html) | CDC, accessed October 15, 2021. | |
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