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| **Did you know?** More than one out of three American adults have prediabetes. Nine out of ten people with prediabetes don’t know they have it!  **There’s good news, however.** Progression from prediabetes to type 2 diabetes isn’t inevitable. Eating heathy 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.  [Click here for the full article.](https://010bbd3c-7c99-4bb7-b319-8590182e29be.filesusr.com/ugd/722a5e_c175daea752b400382ed1181adf06d6e.pdf)  Call your healthcare provider today to schedule an appointment to find out if you are at risk of developing diabetes. | |
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