

# 86 MILLION AMERICAN ADULTS

## have prediabetes

### You could be one of them.

Having prediabetes means you are at increased risk for developing serious health problems such as type 2 diabetes, stroke and heart disease.

You could have prediabetes if you have:

- High cholesterol **or**
- High blood pressure **or**
- A parent, brother or sister with diabetes

Your risk goes up if you are also overweight, and/or over age 45.

If you have prediabetes, we can help!

### Ask your doctor how you can stop diabetes before it starts.



Prevent Diabetes **STAT** | Screen / Test / Act Today™

