

## Are You Pre-diabetic?

(NAPSA)—In addition to the estimated 23.6 million Americans who have diabetes, 57 million more have “pre-diabetes,” a condition that may increase a person’s risk for developing diabetes.\*

A pre-diabetic has high glucose levels but not high enough to be considered diabetic. Fortunately, you can take steps to prevent or delay developing the disease. There are general factors or conditions that increase a person’s chance, or “risk,” for developing diabetes. If you have one or more of the risks listed below, you should make it a point to have your glucose level tested.

### Risk factors for diabetes:

- Over age 45
- African-American descent
- Parent, brother or sister with diabetes
- Diabetes during pregnancy
- Having a baby weighing more than 9 pounds at birth
- High blood pressure
- Physical inactivity
- Overweight or obese
- High cholesterol
- High triglycerides



According to the National Diabetes Education Program and the National Medical Association, by adopting routine physical activity habits, making healthy food choices and losing as little as 10 pounds (if overweight or obese), individuals can prevent or delay the onset of diabetes. Talk to your doctor before making lifestyle changes.

To learn more, call (888) 693-NDEP (6337) and ask for a free copy of “Your Game Plan to Prevent Type 2 Diabetes” or visit [www.NMAdiabetesnet.org](http://www.NMAdiabetesnet.org).

*\*Source: Centers for Disease Control and Prevention, National Center for Health Statistics, 2007.*