

# Understanding Diabetes and Pre-diabetes



## What does it take to be diagnosed with Prediabetes?

### PREDIABETES DIAGNOSIS

CDC: A1C level between 5.7%-6.4% OR a fasting blood sugar level between 100-125 mg/dl.

<https://www.cdc.gov/diabetes/managing/managing-blood-sugar/a1c.html>

## What is type 2 Diabetes?

### TYPE 2 DIABETES

When the body is unable to use insulin properly, due to inadequate production of insulin by the pancreas and/or reduced insulin sensitivity of the body's cells.

## What are some risk factors for type 2 Diabetes?

### RISK FACTORS

Prediabetes, obesity, physical inactivity, advanced age, and family history.

## What are some signs and symptoms to look for?

### SIGNS AND SYMPTOMS

Increased hunger, abnormal thirst, frequent urination, blurred vision, fatigue, numbness or tingling in the extremities and sometimes unexplained weight loss.

## Early detection is key!

Individuals with any of the risk factors or symptoms above should see a physician for testing and diagnosis. The longer the body is exposed to high blood glucose levels, the greater the damage may be.