

Health Awareness



Know Your Risk For Prediabetes

(NAPSA)—While many people are familiar with type 2 diabetes, fewer are aware of prediabetes, a serious health condition that affects 86 million Americans—more than one in three—and can often lead to type 2 diabetes.

The Problem

Nearly 90 percent of those with prediabetes don't know they have it. People with prediabetes have higher than normal blood glucose (sugar), but not at levels high enough to be considered type 2 diabetes. When you have prediabetes, you're at increased risk for other serious health problems such as type 2 diabetes, stroke and heart disease. If left untreated, current research estimates that 15 to 30 percent of people with prediabetes will develop type 2 diabetes within five years.

The Good News

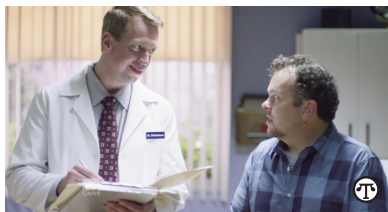
Fortunately, prediabetes can often be reversed through weight loss, diet changes and increased physical activity. The key is to find out early whether you're at risk. That's why the American Diabetes Association, the American Medical Association and the Centers for Disease Control and Prevention have partnered with the Ad Council to launch a public service campaign to raise awareness of prediabetes and help those who have the condition take steps to reverse it.

Learn The Risk Factors

There are a number of risk factors that increase the likelihood of prediabetes. These include race and ethnicity (African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders and some Asian Americans are at higher risk); being overweight; not being physically active; having a parent, brother or sister with type 2 diabetes; having high blood pressure; and being over the age of 40.

Know Where You Stand

Find out if you may have prediabetes by taking the short online test at www.DoIHavePrediabetes.org.



You may be at risk for diabetes and not even know it. A simple online test can help you tell.

You can also text RISKTEST to 97779 to take the test through your phone or mobile device.

Take Steps To Reverse The Condition

You can take steps to reduce your risk by managing your weight, getting active, eating healthier and quitting smoking.

Here are hints that can help:

1. Losing just 5 to 7 percent of your body weight can slow or even reverse prediabetes. For a person who weighs 200 pounds, that's only 10 to 15 pounds.
2. Set realistic goals. Start with one change in your diet and build from there.
3. Get at least 2½ hours of light aerobic activity per week. This could be as simple as going for a brisk 30-minute walk five days a week. Even 10 minutes at a time adds up.
4. Find simple ways to be more active throughout the day. Take the stairs instead of the elevator. Park farther away from the entrance of a storefront when you shop.
5. Try to cut down on foods with saturated fat or trans fat, and hydrogenated fat or partially hydrogenated fat. Check labels to help you make healthy choices. Just remember, low-fat doesn't have to be low on flavor. Roast, broil, grill, steam or bake instead of fry.
6. If you smoke, talk with your doctor about treatments or programs that can help you quit.

Free Help, Facts And Stats

Visit www.DoIHavePrediabetes.org for more tips and information about CDC-recognized diabetes prevention programs.