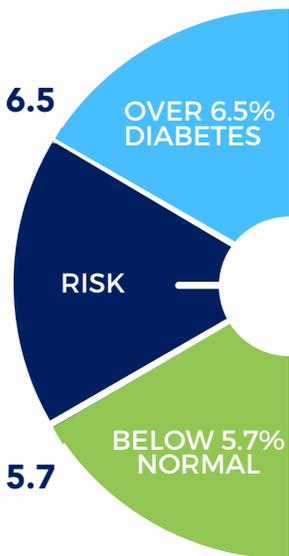


## Has your primary care provider checked your **blood glucose level** or **HbA1C** lately?

In 2018 - 34.2 million Americans had diabetes. Of that 34.2 million people, 7.3 million were undiagnosed. (ADA, 2021)



**Early detection of diabetes is vital. Once diabetes is diagnosed, it can be treated!**



**Diabetes** can cause heart disease, kidney disease, foot complications, nerve damage, eye complications, skin complications as well as other health problems. (ADA, 2021)

**Prediabetes** means you have a higher than normal blood sugar level. It's not high enough to be considered type 2 diabetes yet, but without lifestyle changes, adults and children with prediabetes are more likely to develop type 2 diabetes. (Mayo Clinic, 2021) Prediabetes is indicated by an A1c test result between 5.7 and 6.5. (ADA, 2021)

**Sources:**

- American Diabetes Association - <https://www.diabetes.org/resources/statistics/statistics-about-diabetes>
- Mayo Clinic - <https://www.mayoclinic.org/diseases-conditions/prediabetes/symptoms-causes/syc-20355278>
- HealthCentral - <https://www.healthcentral.com/condition/diabetes>
- ADCES - <https://www.diabeteseducator.org/living-with-diabetes/Tools-and-Resources>

## What can be done for **Diabetes and Prediabetes?**

**A hemoglobin A1c is an easy blood test that can identify diabetes or prediabetes. Most doctors recommend having this test yearly as a screening for diabetes or prediabetes.**

If you are diagnosed with diabetes, lifestyle changes such as checking your blood sugar, being more active, eating fewer carbohydrates and eating more lean protein help to lower glucose levels.

There are also several different medications to help control diabetes. Ask your doctor what the right course of action is for your situation.

## 7 Symptoms of **Diabetes**

- You drink enough water but still feel thirsty.
- You're peeing more than usual.
- Your eyesight is blurry.
- You feel starved (even though you just ate).
- You're getting more infections, like UTIs.
- You're losing weight without trying.
- You're exhausted no matter how much you sleep or rest.

**However, you may experience no symptoms at all! It is important to get routinely tested by your doctor.**