

PREDIABETES

COULD IT
BE YOU?



Prediabetes increases your risk of:



**TYPE 2
DIABETES**



**HEART
DISEASE**



STROKE



Without weight loss and moderate physical activity **15-30% of people with prediabetes** will develop type 2 diabetes within 5 years

YOU CAN PREVENT TYPE 2 DIABETES

FIND OUT IF YOU HAVE PREDIABETES –

See your doctor to get your blood sugar tested



- ✓ eat healthy
- ✓ be more active
- ✓ lose weight

JOIN A CDC-RECOGNIZED
diabetes prevention program



DIABETES PREVENTION PROGRAM at Olympic Medical Center

Thursdays 3-4 p.m. beginning 9/7/17
OMC, 840 N. 5th Ave., Sequim
or

Wednesdays 4-5 p.m. beginning 2/7/18
OMC, 939 Caroline St., Port Angeles

16 weeks plus 16 follow-up visits
\$160 registration - Call today to register.



VICKI EVERETT, RD, CDE

Diabetes Education Coordinator
Registered Dietitian
Certified Diabetes Educator
Trained Lifestyle Coach

QUESTIONS?

CALL:

(360) 417-7125

REFERENCES

Centers for Disease Control and Prevention. National diabetes statistics report: estimates of diabetes and its burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2014.

Knowler WC, Barrett-Conner E, Fowler SE, et al; Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. N Engl J Med 2002;346:393-403. As cited in March 22, 2013, MMWR.

Tuomilehto J, Lindstrom J, Eriksson J, et al; Finnish Diabetes Prevention Study Group. Prevention of type 2 diabetes mellitus by changes in lifestyle among subjects with impaired glucose tolerance. N Engl J Med 2001; 344:1343-1350.