

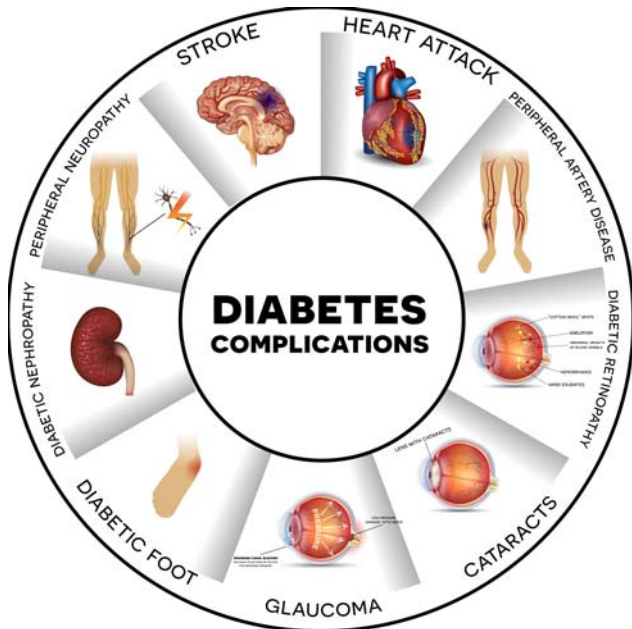
Prediabetes is when your blood sugar level is higher than normal but not high enough yet to get diagnosed as type 2 diabetes. This condition puts you at risk for developing type 2 diabetes.

What are the Symptoms?

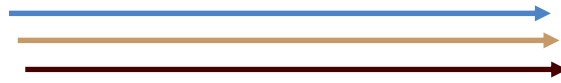
You may have no noticeable symptoms or only mild symptoms for years before diabetes is diagnosed

Common signs and symptoms include:

- ◆ Urinating more than usual
- ◆ Feeling very thirsty
- ◆ Feeling hungry even after eating
- ◆ Feeling tired
- ◆ Having blurred vision
- ◆ Having frequent infections or slow-healing cuts or sores



You Can Prevent Type 2 Diabetes!



For More Information Please Contact:



Could You Have Prediabetes?



Great Plains Tribal Chairmen's Health Board



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Could You Be At Risk?

Take the Test!

How is diabetes diagnosed?

There are several ways to diagnose diabetes. Testing should be carried out in a health care setting. If you feel you are at risk or scored 5 or higher on the risk quiz, ask your doctor for one of these blood sugar tests:

- A1C
- Fasting Blood Sugar (FBS) Test
- Oral Glucose Tolerance (OGT) Test

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

Talk to your doctor

If you are at risk for type 2 diabetes, it can be overwhelming and you might feel a little lost. The first step is to make an appointment with your doctor. Only your doctor can tell you for sure if you have diabetes or not.

Don't delay— early detection and treatment of diabetes decreases the risk of developing the complications of diabetes.



The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

WRITE YOUR SCORE IN THE BOX.

- How old are you?**
 Less than 40 years (0 points)
 40-49 years (1 point)
 50-59 years (2 points)
 60 years or older (3 points)
- Are you a man or a woman?**
 Man (1 point) Woman (0 points)
- If you are a woman, have you ever been diagnosed with gestational diabetes?**
 Yes (1 point) No (0 points)
- Do you have a mother, father, sister or brother with diabetes?**
 Yes (1 point) No (0 points)
- Have you ever been diagnosed with high blood pressure?**
 Yes (1 point) No (0 points)
- Are you physically active?**
 Yes (0 points) No (1 point)
- What is your weight category?**
 See chart at right.

ADD UP YOUR SCORE.

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes. If you think you are at risk for prediabetes make an appointment with your doctor.

4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	1 point	2 points	3 points
If you weigh less than the amount in the left column: 0 points			