

AVOID TYPE 2 DIABETES

With the free Chicago CARES Diabetes Prevention Program

One in every three adults living in the U.S. has prediabetes and most don't know it—you could be one of them.

Having prediabetes means your blood glucose (sugar) level is higher than normal, but not yet high enough to be diagnosed as diabetes. However, prediabetes means more than just a point on a chart or graph.

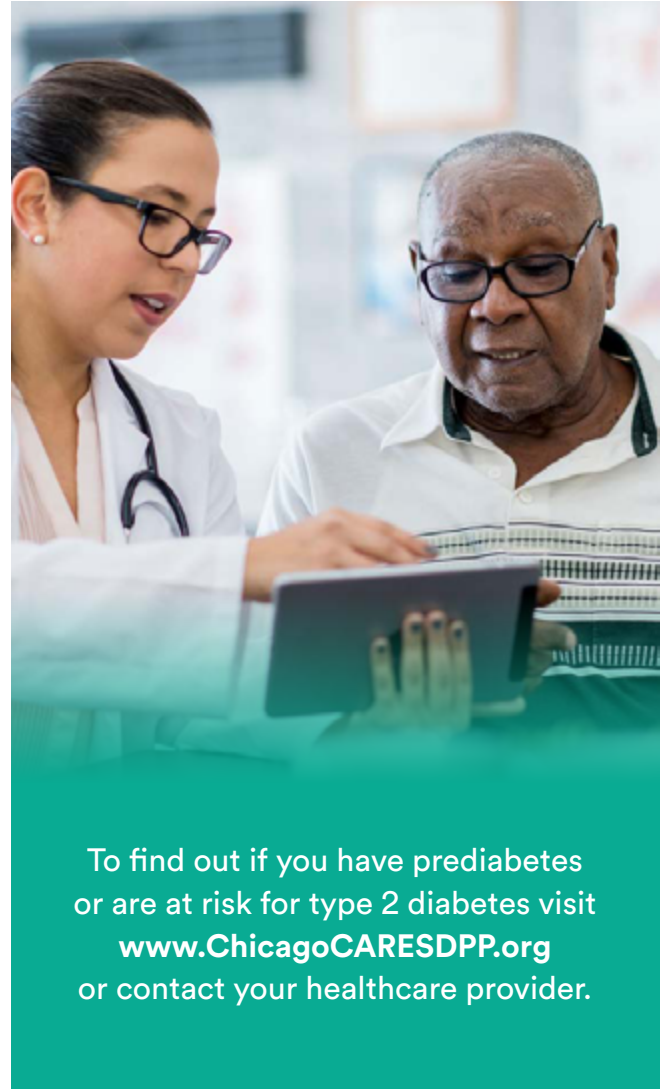
It raises your risk of:

- ✓ Heart disease
- ✓ Stroke
- ✓ Type 2 Diabetes

But it's not too late to do something about it. By making small changes like **eating healthy, being more active, and losing weight**, you can cut your risk of diabetes in half.

You can live with type 2 diabetes – taking pills and injecting needles – **but do you really want to?**

If you have prediabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change. **The good news is – you don't have to go it alone.**



To find out if you have prediabetes or are at risk for type 2 diabetes visit www.ChicagoCARES DPP.org or contact your healthcare provider.

JOIN THE FREE DIABETES PREVENTION PROGRAM to take meaningful steps to decrease your risk of type 2 diabetes with help from a trained lifestyle coach and group support - for an entire year!

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For more information, please contact: