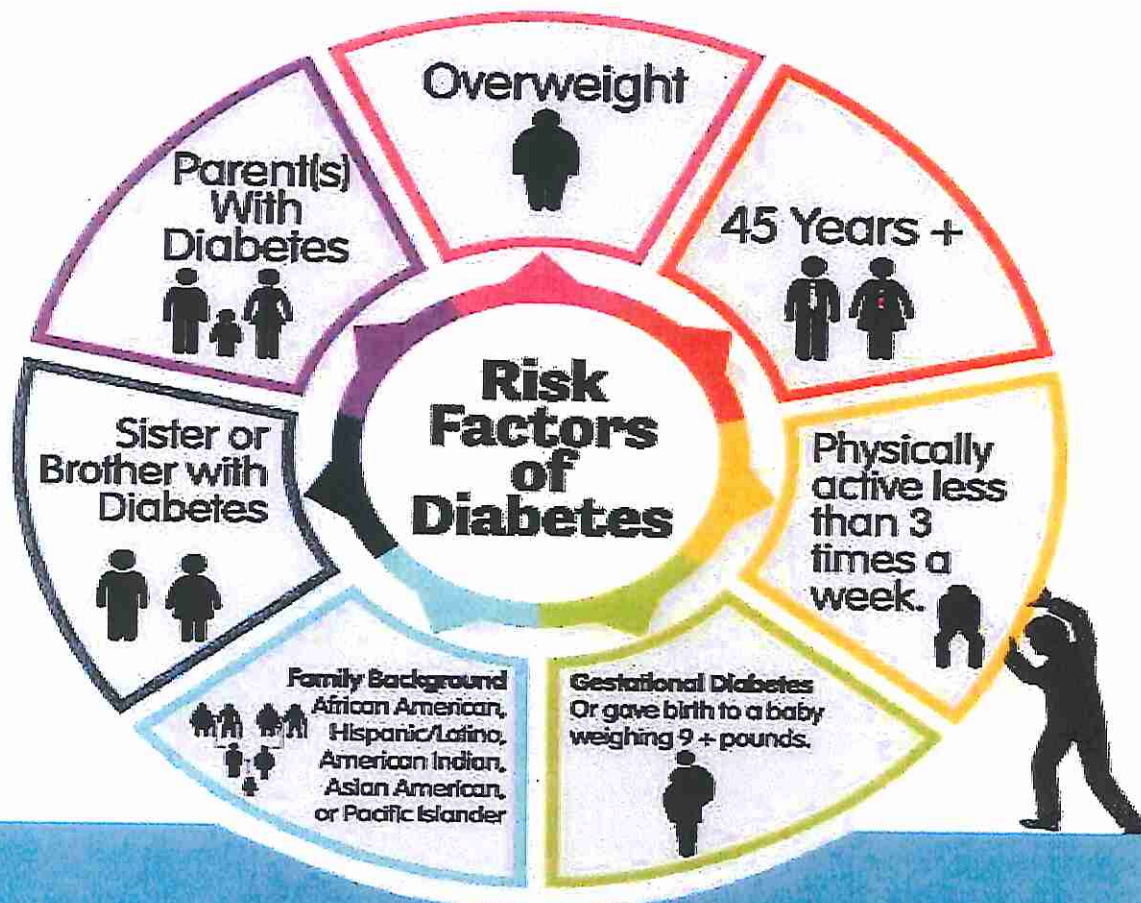


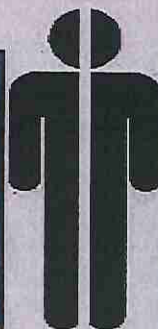


IF YOU HAVE TWO OR MORE OF THESE RISK FACTORS, you should consider getting a blood test for diabetes from a health care provider.

Warning Signs of Diabetes

Type 1

Frequent urination
Unusual thirst
Extreme hunger
Unusual weight loss
Extreme fatigue



Type 2

Frequent infections
Blurred vision
Cuts/bruises that are slow to heal
Tingling/numbness in the hands or feet
Recurring skin, gum, or bladder infections



It is important to find out early if you have type 2 diabetes, because you may be experiencing symptoms from Type 1 or even no symptoms at all. Early treatment can prevent serious problems that diabetes can cause, such as loss of eyesight or kidney damage.

THE ROAD TO TYPE 2 DIABETES

	A1C TEST	FASTING BLOOD SUGAR TEST	GLUCOSE TOLERANCE TEST
DIABETES	6.5% or above	126 mg/dL or above	200 mg/dL or above
PREDIABETES	5.7 - 6.4%	100-125 mg/dL	140-199 mg/dL
NORMAL	Below 5.7%	99 mg/dL or below	140 mg/dL or below

Source: American Diabetes Association

