

Do you want to lower your blood sugar?



PREDIABETES **COULD IT BE YOU?**

86 MILLION 86 million American adults—more than 1 out of 3—have prediabetes

1 out of 3

9 out of 10 people with prediabetes do not know they have it

TYPE 2 DIABETES Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes

Prediabetes increases your risk of:

- TYPE 2 DIABETES**
- HEART DISEASE**
- STROKE**

If you have prediabetes, losing weight by:

- EATING HEALTHY**
- BEING MORE ACTIVE**

can cut your risk of getting type 2 diabetes in **HALF**

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

People who have diabetes are at higher risk of serious health complications:

- BLINDNESS**
- KIDNEY FAILURE**
- HEART DISEASE**
- STROKE**
- LOSS OF TOES, FEET, OR LEGS**

YOU CAN PREVENT TYPE 2 DIABETES

PREVENT TYPE 2 DIABETES

CUT RISK IN HALF

PROVEN LIFESTYLE CHANGE PROGRAM

NATIONAL PARTNERSHIP

COMMUNITY-BASED

Prediabetes screening offered at Borland Free Clinic along with Lifestyle coaching to promote healthy diet and exercise

info@borlandclinic.org
www.borlandclinic.org
3550 SW Borland Rd, Tualatin, OR