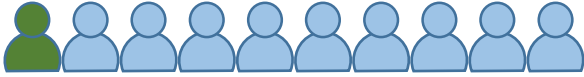


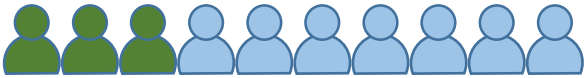
DIABETES

in



1 in 10 Wisconsin adults* has **DIABETES**. Enough people to fill **Lambeau Field – nearly six times over**. When you have diabetes, your body cannot take sugar in the food you eat and turn it into the energy your body needs to function. High blood sugar levels can cause serious health problems.

ARE YOU AT RISK? Ask your health care provider to test you for diabetes.



3 in 10 Wisconsin adults* has **PRE-DIABETES**. That's **1½ times the population of Milwaukee County**. People with pre-diabetes have higher blood sugar levels, but not high enough to be considered diabetes. They are at greater risk for developing type 2 diabetes. Making modest behavior changes can prevent or delay the onset of type 2 diabetes in people who have pre-diabetes.

ABCs of Diabetes

- A** **for the A1C test**
The **A1C test** shows what your blood sugar (glucose) has been over the last three months. High blood sugar levels can harm your heart and blood vessels, kidneys, feet, and eyes.
- B** **for blood pressure**
High blood pressure makes your heart work too hard. It can cause heart attack, stroke, and kidney disease.
- C** **for cholesterol**
One kind of **cholesterol**, called LDL, can build up and clog your blood vessels. It can cause heart attack or stroke. Ask what your cholesterol numbers should be.

Know your numbers!
A1C, blood pressure, cholesterol.
ASK YOUR HEALTH CARE PROVIDER.

RESOURCES

Resources in YOUR Community
www.DiabetesLocal.org

American Diabetes Association
www.diabetes.org

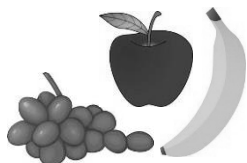
National Diabetes Education Program
www.YourDiabetesInfo.org

REDUCE YOUR RISK for diabetes and diabetes complications.

Maintain a healthy weight



Make healthy food choices



Control your blood pressure



Stay active



Quit smoking

