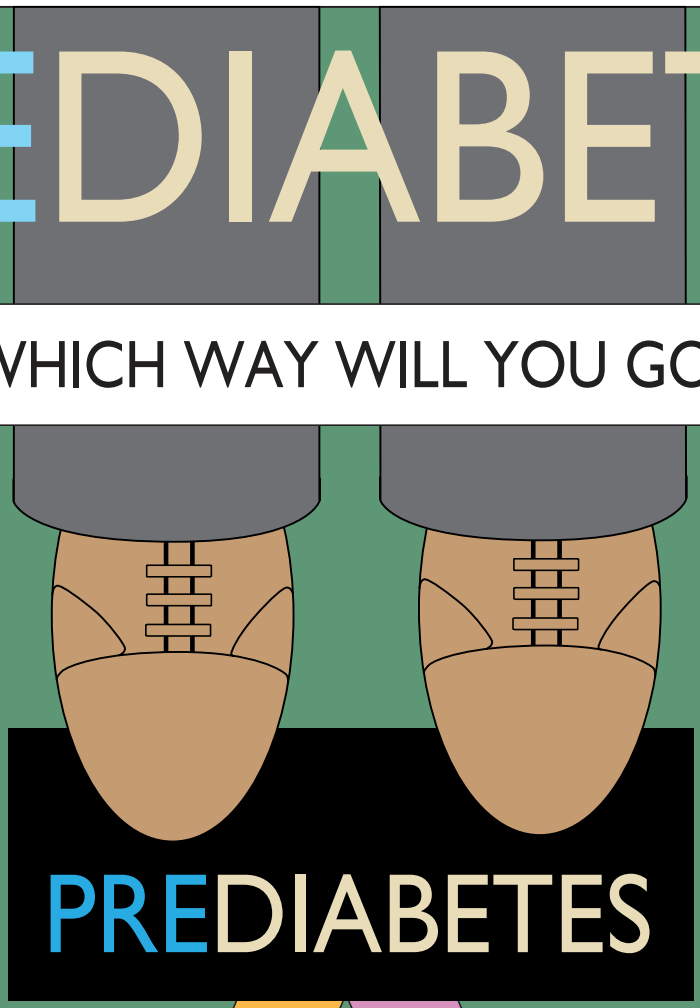
PREDIABETES

WHICH WAY WILL YOU GO?



"Pre" means before. A person with prediabetes doesn't have diabetes. But, without proper care, over half of those with prediabetes may go on to develop diabetes–usually for life.

Over 98 *million* Americans have prediabetes. Are you one of them? Find out. Call your doctor or health clinic for a simple, low-cost test for prediabetes.

Staying healthy is a choice, not a gift. Call today.

HEALTHY **DIABETES**

A free handout from Learning About Diabetes, Inc.
http://www.learningaboutdiabetes.org