

86 MILLION AMERICAN ADULTS

have prediabetes You could be one of them.

Having prediabetes means you are at increased risk for developing serious health problems such as type 2 diabetes, stroke and heart disease.

You could have prediabetes if you have:

- High cholesterol **or**
- High blood pressure **or**
- A parent, brother or sister with diabetes

Your risk goes up if you are also overweight, and/or over age 45.

If you have prediabetes, we can help!

Ask your doctor how you can stop diabetes before it starts.

Sign up for the Diabetes Prevention Program.

Sessions are forming now.

For information or to enroll call 215-707-7247

Center for Population Health

 **TEMPLE HEALTH**



Prevent Diabetes **STAT** | Screen / Test / Act Today™

