

What is pre-diabetes?



- Pre-diabetes is when your blood sugar levels are **higher than normal but not high enough to be diagnosed with diabetes.**
- Having pre-diabetes puts you at an **increased risk of Type 2 diabetes.**
- Making lifestyle changes, such as healthy eating, **can delay the progression to diabetes or reverse pre-diabetes.**
- People with pre-diabetes usually have no symptoms. **The only way to diagnose if you have pre-diabetes is through blood tests.**