



KNOWING

what matters most

Lower your risk for diabetes complications

Diabetes often starts as prediabetes, which is a condition in which your blood sugar is higher than normal. It can lead to type 2 diabetes and other serious health problems.

Identifying prediabetes is the best defense against diabetes. 84.1 million people in the United States (US) have prediabetes, and early detection can be an important first step to a healthy, diabetes-free lifestyle.¹

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Did you know that according to the Centers for Disease Control and Prevention (CDC)¹:

- 1 out of 3 adults in the US has prediabetes, and 90% of them don't know they have it²
- With prediabetes, blood sugar levels are higher than normal, but not high enough yet to be diagnosed as diabetes
- People with diabetes are living longer, healthier lives with fewer complications. Greater awareness and better control of risk factors are the main reasons



Take control of your health with **early detection**

Prediabetes is a condition that could lead to type 2 diabetes. Making important lifestyle changes, such as losing weight or increasing physical activity, can help you avoid developing type 2 diabetes.

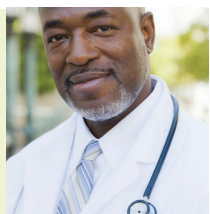
To find out if you have prediabetes, talk to your doctor about getting blood work done. Even if your results come back negative, your doctor may still recommend you get tested in a few years to make sure nothing has changed.

Why you should get tested

- High blood sugar levels often leads to prediabetes, type 2 diabetes and other serious health problems, including heart attack, stroke, and blindness
- There usually aren't any noticeable symptoms
- With a little exercise and a change in diet, prediabetes often can be reversed
- You could be at increased risk due to:
 - Weight
 - Inactivity
 - Age
 - Family history
 - Race
 - Gestational diabetes

Get started today

Talk to your doctor about getting tested for prediabetes.



Good health starts with KNOWING

The next time your doctor orders blood testing, let them know that you'd like to go to one of the Quest Diagnostics Patient Service Centers in your neighborhood. Take advantage of our convenient locations, minimal wait times, professional staff, fast turnaround, and online test results.

MyQuest™

MyQuest makes healthcare convenient, letting you get your test results online from any device, quickly schedule Quest Diagnostics appointments, and much more. To sign up for MyQuest visit QuestDiagnostics.com/MyQuest.

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References

1. Centers for Disease Control and Prevention (CDC). CDC Newsroom: New CDC report: More than 100 million Americans have diabetes or prediabetes. <https://www.cdc.gov/media/releases/2017/p0718-diabetes-report.html>. Updated July 18, 2017. Accessed April 16, 2018.
2. CDC. CDC Features: The surprising truth about prediabetes. <https://www.cdc.gov/features/diabetesprevention/index.html>. Updated January 12, 2018. Accessed April 20, 2018.

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