

November

# DIABETES AWARENESS MONTH



## Why is this important?

More than 8 out of 10 Americans most at risk for type 2 diabetes don't know it. 1 in 10 Americans has diabetes today. Nearly 1 in 2 of all American adults have diabetes or prediabetes and every 21 seconds someone in the US is diagnosed with diabetes. Diabetes increases risk for many serious health problems including heart disease, kidney failure, stroke, blindness and amputation.

## What individuals can do :



Visit your primary care physician annually and complete recommended preventive lab tests to stay on top of your risk.



Knowing your risk is the first step to a healthier life. Take a quick 60-second test [here](#).



If you learn you are at risk for diabetes, the most important step you can take is to speak with your doctor now. If left untreated, diabetes can lead to major complications. Early detection and treatment can decrease your risk significantly.

**Sources:** American Diabetes Association. <https://www.diabetes.org/>

Monthly Health Observances

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