

# PATIENT LETTER— NO INCREASED RISK

## Your risk for type 2 diabetes:

You are **not** at increased risk for type 2 diabetes (high blood sugars) based on the information you provided. No tool for assessing risk is perfect and only a health care provider can tell for sure if you have increased risk for type 2 diabetes.

### What is Type 2 diabetes?

Type 2 diabetes is a health condition in which blood sugar levels are too high. It is a very common health condition. You can develop type 2 diabetes at any age. Diabetes can increase your risk for heart, kidney, eye, and nerve problems.

### Risk Factors

Having a risk factor does not mean that you will get type 2 diabetes. Risks include:

- Age 45 or older
- Being overweight
- Having a brother, sister or parent with type 2 diabetes
- Being of African American, Hispanic/Latino, American Indian and Alaska Native, Asian American or Pacific Islander ancestry
- Having diabetes during pregnancy or giving birth to a baby weighing more than 9 lbs
- Being physically active less than three times a week
- Certain medical conditions

### Next Steps

**Eat a healthy diet.**

**Maintain a healthy weight.**

**Exercise as regularly as you can.**

Type 2 diabetes can be tested for easily by checking your blood sugar level after you have not eaten overnight. A health care provider can help you to decide if you should be tested. Small changes in diet and exercise can help reduce your risk for type 2 diabetes.

*“Signs of type 2 diabetes can include excessive thirst, hunger, urination, and fatigue.”*

People who are overweight and inactive are more likely to develop type 2 diabetes. Reduce your risk by eating a healthy diet and exercising regularly.

**For more information** call 1–800–860–8747 or visit the National Diabetes Information Clearinghouse at:

<http://diabetes.niddk.nih.gov/dm/pubs/riskfortype2/>  
<http://ndep.nih.gov/am-i-at-risk/family-history/index.aspx#main>