PATIENT LETTER—INCREASED RISK

Your risk for type 2 diabetes:

You are at **increased risk** for type 2 diabetes (high blood sugars). 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. **Talk to a health care provider about whether you need any additional testing.**

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

Please talk to a health care provider about your risk!

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. In the meantime, try to eat a balanced diet and increase your level of physical activity. 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

HHS.gov
U.S. Department of Health and Human Services