

➔ PREVENT TYPE 2 DIABETES WITH THE PreventT2 PROGRAM

If you have prediabetes or other risk factors for type 2 diabetes, it's time to take charge of your health. The PreventT2 lifestyle change program can help you make lasting changes to prevent type 2 diabetes.

WITH THE PreventT2 PROGRAM YOU GET:

- A CDC-approved curriculum
- The skills you need to lose weight, be more physically active, and manage stress
- A trained lifestyle coach to guide and encourage you
- Support from other participants with the same goals as you — and fun
- A year-long program with weekly meetings for the first 6 months, then once or twice a month for the second 6 months

➔ PreventT2 IS IN YOUR COMMUNITY

In Putnam County NY contact Putnam Independent Living Services (PILS) to learn more about this **FREE** program.

➔ PREDIABETES CAN LEAD TO TYPE 2 DIABETES

One out of three American adults has prediabetes, and most of them do not know it. Having prediabetes means your blood glucose (sugar) level is higher than normal but not high enough to be diagnosed as diabetes. This raises your risk of type 2 diabetes, heart disease, and stroke.

Without weight loss or moderate physical activity, many people with prediabetes can develop type 2 diabetes within 5 years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack; stroke; blindness; kidney failure; or loss of toes, feet, or legs.

The lifestyle changes you make in the PreventT2 program will help you prevent or delay type 2 diabetes.

YOU MAY HAVE PREDIABETES AND BE AT RISK FOR TYPE 2 DIABETES IF YOU:

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Are physically active fewer than 3 times per week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds



➔ MAKE A CHANGE — START TODAY!

If you think you may be at risk for prediabetes and type 2 diabetes:

- » Take this brochure to a health care provider.
 - Ask to be tested for prediabetes. The health care provider may do a simple blood test.
 - Ask the health care provider to fill out the Recommendation Form on the back of this brochure.
 - Take the completed form to a program near you. To find a program, call or visit us on the web today.
- » If you don't have a health care provider, call us to find out if you qualify for the program.
- » Take the "Could You Have Prediabetes?" online quiz at: www.cdc.gov/PreventT2. If your score shows you are at high risk for prediabetes, talk to your health care provider or contact our program.

Call or visit us on the web today!

PILS Diabetes Prevention Program

845-228-7457 ext. 1126 voice
914-259-8036 VP/TTY
www.putnamils.org