



Presented by Veritas Risk Services

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## American Diabetes Month

American Diabetes Month, which occurs every November, aims to raise awareness of the growing public health crisis of diabetes. More than 29 million people in the United States have diabetes. Moreover, according to the National Diabetes Prevention Program, 1 in 3 American adults has prediabetes. People who have prediabetes are more likely to develop Type 2 diabetes, have a 50 percent higher risk for cardiovascular disease and may already be experiencing adverse health effects.

People with prediabetes often have no signs or symptoms, or don't recognize them because they develop slowly over a period of time. The American Diabetes Association has created a quiz that can help you find out if you're at risk for developing prediabetes. You should also contact your doctor if you are concerned about your risk of developing prediabetes or Type 2 diabetes.

If diagnosed with prediabetes, you can and should do something about it. Studies show that people with this condition can prevent or delay the development of Type 2 diabetes through simple lifestyle changes like regularly exercising, maintaining a healthy weight and eating well.