

# Diabetes Prevention

Program

## YOU HAVE THE POWER TO LIVE YOUR BEST LIFE



**PREDIABETES  
CAN LEAD TO  
TYPE 2  
DIABETES**

Nearly  
**half** of  
all adults over  
the age of 65  
have prediabetes

Only about **1**  
**IN 5** are  
aware that they do.

Prediabetes means your **blood sugar levels are higher than normal**, but not high enough to be diagnosed as type 2 diabetes.

**That means you could develop other serious health conditions, including:**



**BLINDNESS**



**KIDNEY  
FAILURE**



**HEART  
DISEASE**



**STROKE**



**LOSS OF  
TOES, FEET,  
OR LEGS**

Average medical costs for people diagnosed with type 2 diabetes are

**2x higher**  
than for those without type 2 diabetes.

By learning more about prediabetes and making healthy changes, you can reduce your risk of type 2 diabetes, heart disease, and stroke.

Program provided by a registered nurse with Care First Education and offered to all center members free of charge.

**For more information contact  
Stewartstown Area Senior Center  
(717) 993-3488**



**Care First Education**

**PREVENT T2**