

A weekly resource  
for *your* well-being

PARTNERS  
FOR HEALTH

WORKING FOR A  
HEALTHIER TN

# A TIP FOR TENNESSEANS

November 22, 2016

## Heed diabetes' warning sign.

Have you heard the word “*pre-diabetes*” and wondered what it really is? It might sound like other words you know like “*preview*” or “*pregame*” that mean “*before*” something happens. Pre-diabetes (Pre-D) is a lot like a “before” period of type 2 diabetes (T2D). The condition happens when blood sugar levels that are higher than normal. But even so, they're not high enough for a “diabetes” diagnosis. [Here's what experts say causes it.](#)

Pre-D is becoming more common in the U.S. In fact, at least 86 million people ages 20 or older have it. And the numbers keep growing. Getting check ups and keeping an eye on your blood sugar number can help you know where you stand. Keeping your blood sugar in a [healthy range](#) can also help you avoid Pre-D, T2D and the other issues that can come with it, like:

- Heart disease and heart attack
- Stroke
- Kidney problems
- Nerve damage
- Eye and vision issues
- Memory loss

The best news is this: Pre-D doesn't have to happen. [Read this article](#) to learn why and more.



### GOT A HEALTH MATTER ON YOUR MIND?

A health coach can help you learn ways to take control of your health and live well. [Click here](#) for a short video on the many ways coaching might work for you.



### QUICK LINKS

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