



Diabetes

Four (4) Types

- **Pre-diabetes**
 - HgbA1c = 5.7% to 6.4%
- **Type 1**
 - Anyone can get it
 - Is not caused by poor diet or lack of exercise
 - Common Symptoms
 - Treatable, not curable
 - You can live with it.
- **Type 2**
 - Occurs when the body can't use insulin properly
 - Often linked to lifestyle and other risk factors
 - Can be prevented or delayed with lifestyle changes
 - Can lead to serious health complications
 - Can be managed with a combination of approaches