

Pre-diabetes is when your blood sugar is higher than normal but not as high as it would be with diabetes.

Is pre-diabetes serious?

Yes, pre-diabetes is serious.

- Pre-diabetes can lead to heart problems.
- If you have pre-diabetes, you are at much higher risk of getting type 2 diabetes.
- Type 2 diabetes can lead to other serious health problems with your eyes, kidneys, nerves and feet.

How will I know if I have pre-diabetes?

- Ask your doctor for a blood test for pre-diabetes.
- Even if you do not feel bad, you should get tested anyway.
- 57 million people in the United States have pre-diabetes and do not know it.

Resources

Click [here](#) to assess pre-diabetes risk.



[English](#)

[Spanish](#)

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