

AM I AT RISK FOR TYPE 2 DIABETES

Anyone 45 years old or older should consider getting tested for diabetes. If you are 45 or older and overweight, it is strongly recommended that you get tested. If you are younger than 45, overweight, and have one or more of the risk factors listed below, you should consider testing.

Ask your doctor for a fasting blood glucose test or an oral glucose tolerance test.

To find out your risk for Type 2 diabetes, check each item that applies to you.

- I have a parent, brother, or sister with diabetes
- My family background is African American, American Indian, Asian American, Pacific Islander, or Hispanic American.
- I have had gestational diabetes, or I gave birth to at least one baby weighing more than 9 pounds
- My blood pressure is 140/90 or higher, or I have been told that I have high blood pressure
- My cholesterol levels are not normal. My HDL cholesterol ("good" cholesterol) is 35 or lower, or my triglyceride level is 250 or higher
- I am fairly inactive. I exercise fewer than three times a week