

1 in 3 adults has prediabetes.¹



9 out of 10 people don't know they have prediabetes.¹



**ARE YOU AT RISK FOR
PREDIABETES?**

If you are at risk for prediabetes, see your health care provider and consider the following lifestyle changes:

- Get regular physician and dental checkups
- Brush twice daily and floss at least once each day
- Limit foods and drinks that are high in sugar
- Drink lots of fluoridated tap water throughout the day
- Avoid tobacco products and limit alcoholic drinks
- Eat proper foods as directed by your doctor
- Exercise
- Manage stress
- Check your mouth regularly for any problems or changes
- Consider attending a Diabetes Prevention Education Program

For more information:

DolHaveDiabetes.org
ct.gov/dph/diabetes

<https://www.nidcr.nih.gov/OralHealth/Topics/Diabetes/>

