

Pre-diabetes And What You Need To Know

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Before people develop type 2 diabetes, they almost always have pre-diabetes--blood glucose levels that are higher than normal, but not yet high enough to be diagnosed as diabetes. There are 41 million people in the United States, ages 40 to 74, who have pre-diabetes. Recent research has shown that some long-term damage to the body, especially the heart and circulatory system, may already be occurring during pre-diabetes. This two page report will provide you with the information and resources that you need to know when dealing with diabetes.

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