



## Pre-Diabetes and Diabetes Risk Assessment

### DO YOU HAVE DIABETES? ① YES ② NO

- Are you more than 10% above ideal body weight OR is your waist above 35" for women, or 40" for men?
- Do you have any biologic family member with a history of diabetes?
- Are you African American, Native Alaskan, American Indian, Hispanic, or Arabic descent?
- Do you have a history of, or take medication for high blood pressure?
- Do you have or take medication for high cholesterol or abnormal good/bad cholesterol ratio?
- Do you experience tingling, pain or numbness in your hands or feet?
- Do you experience unexplainable hunger, thirst, or frequent urination?
- Have you experienced blurred vision, cataracts or glaucoma?
- Do your gums bleed when you brush or floss?

### AGE:

- Are you over 35?
- +  If yes, are you also over 65?
- =  **TOTAL POINTS**

### SCORE TOTAL POINTS:

- 0-2** low risk for Pre-diabetes and Diabetes
- 3+** moderate to high risk:  
**recommend further diagnostic testing for Pre-diabetes and Diabetes**

### DID YOU KNOW THAT:

- Diabetes causes destruction of your eyesight, kidneys, nerves, and heart
- Diabetes increases your risk for gum disease which leads to tooth loss
- Diabetes slows your ability to heal from an injury and infection which can result in amputation
- 115 million adults in the US have either diabetes or pre-diabetes, and 1/3 don't know it