
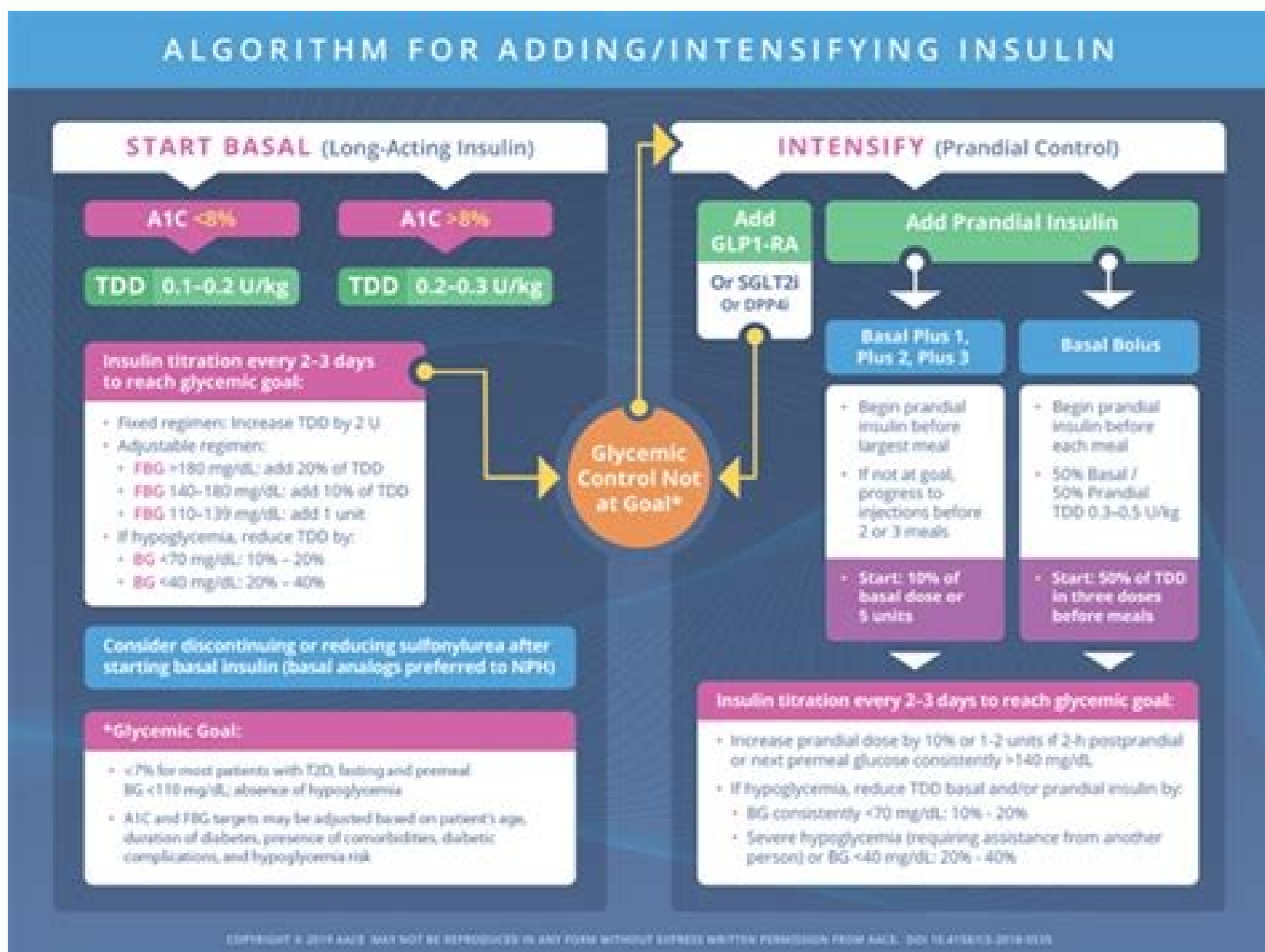


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ARE YOU AT RISK FOR TYPE 2 DIABETES?

American Diabetes Association

Diabetes Risk Test

- How old are you?**
 Less than 40 years (0 points)
 40-49 years (1 point)
 50-59 years (2 points)
 60 years or older (3 points)
- Are you a man or a woman?**
 Man (1 point) Woman (0 points)
- If you are a woman, have you ever been diagnosed with gestational diabetes?**
 Yes (1 point) No (0 points)
- Do you have a mother, father, sister, or brother with diabetes?**
 Yes (1 point) No (0 points)
- Have you ever been diagnosed with high blood pressure?**
 Yes (1 point) No (0 points)
- Are you physically active?**
 Yes (0 points) No (1 point)
- What is your weight status?**
 (See chart at right)

Write your score in the box.

Add up your score.

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

(1 Point) (2 Points) (3 Points)

You weigh less than the amount in the left column (0 points)

If you scored 5 or higher:
 You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanic/Latinos, American Indians, and Asian Americans and Pacific Islanders. Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

For more information, visit us at diabetes.org or call 1-800-DIABETES (1-800-342-2383)

Lower Your Risk

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.

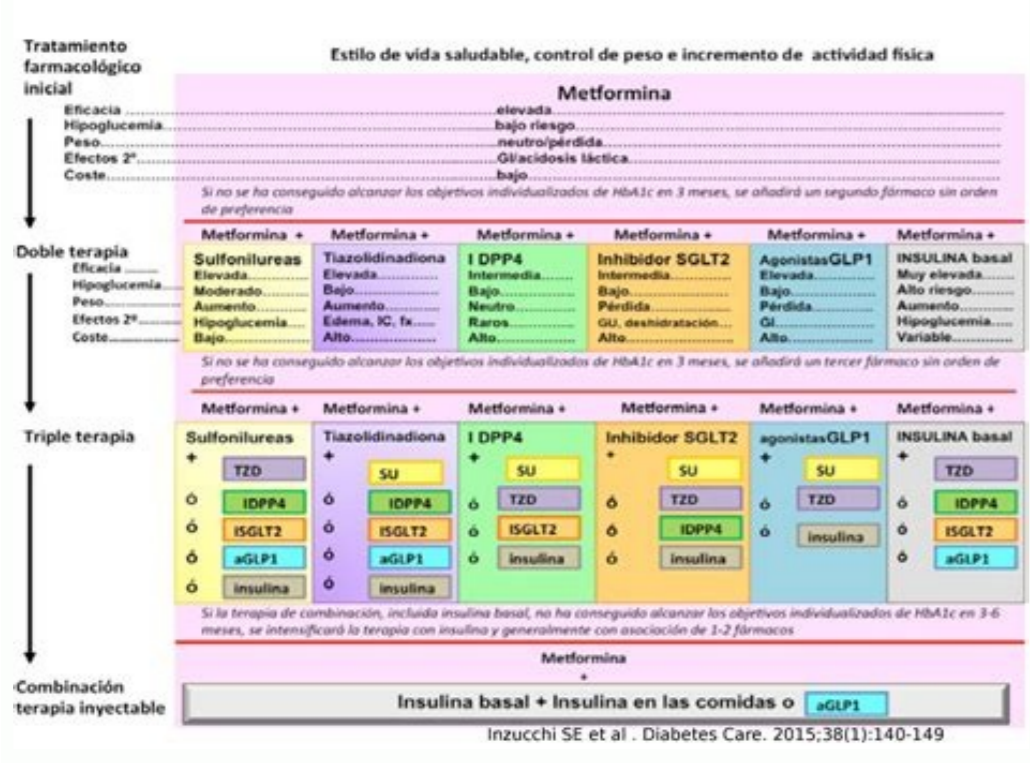
If you are at high risk, your first step is to see your doctor to see if additional testing is needed.

Visit diabetes.org or call 1-800-DIABETES (1-800-342-2383) for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.

Visit us on Facebook
[Facebook.com/AmericanDiabetesAssociation](https://www.facebook.com/AmericanDiabetesAssociation)

Diagnóstico: Criterios ADA 2019

HB1c	≥6.5%	Glucemia en ayuno	≥126 mg/dL	Glucemia al azar	≥200 mg/dL
OGTT	≥200 mg/dL				



Recommendations screening all patients should be evaluated for peripheral neuropathy diabomous, starting in the diagnosis of type 2 and 5 years diabetes after the diagnosis of type 1 diabetes and at least annually a year later. In addition, support for diabetes' self-management is recommended to help implement and support the necessary skills and behaviors for containing self management. Discussions about type 2 diabetes in young people were significantly expanded in the section of children and adolescents, with new recommendations in various, including screening and diagnosis, lifestyle management, pharmacological management and transactions for service to adult suppliers. Most system and systematical revisions and metanaysas show benefits for the use of no-nutritive adoration in weight loss. However, some research suggests a weight gain association. CFOR patients with type 2 and DRC diabetes, consider using a SGLT2 inhibitor or GLP-1 receptor agonist demonstrated to reduce DKD's risk of progressive, cardiovascular events or both. Bâ c - Review the previous treatment and the control of risk factors in patients with established diabetes. After the SMBG returns to normal, the individual should consume a meal or snack to avoid recalling hypoglycemia. Individual cforce with diabetes and hypertensive care at greater cardiovascular risk (risk of existing ASCVD or ASCVD of 10 years> 15%), a goal of arterial pressuro

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