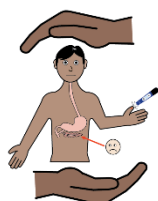


## What is pre-diabetes?



Pre-diabetes can happen to anyone.



Pre-diabetes means there is more sugar in the blood. This can start to affect your health.



Pre-diabetes is serious. The right care will help you stay well.



Your nurse and Doctor will help you stay well



Attend all your health checks and appointments.



Follow the advice from your nurse or Doctor. This will keep you well.