

Mason Health Diabetes Wellness Center is pleased to continue offering the Diabetes Prevention Program.

The Diabetes Prevention Program uses ongoing small group dynamics and the facilitation skills of the Lifestyle Coach to support each participant by:

- raising awareness
- interrupting lifestyle patterns
- substituting healthier patterns
- establishing self-efficacy with the goals of:
 - losing 5-7% body-weight
 - exercising 150 minutes per week

To register or for further information, contact:

**Mason Health
Diabetes Wellness Center**
901 Mountain View Dr. | P.O. Box 1668
Shelton, WA 98584
Phone: 360-427-7332
Fax: 360-427-3637

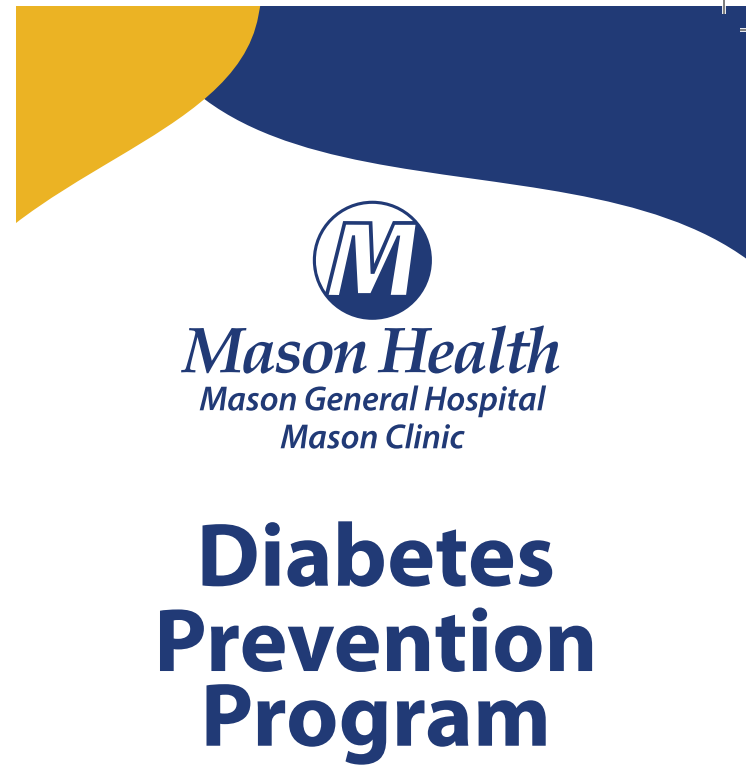
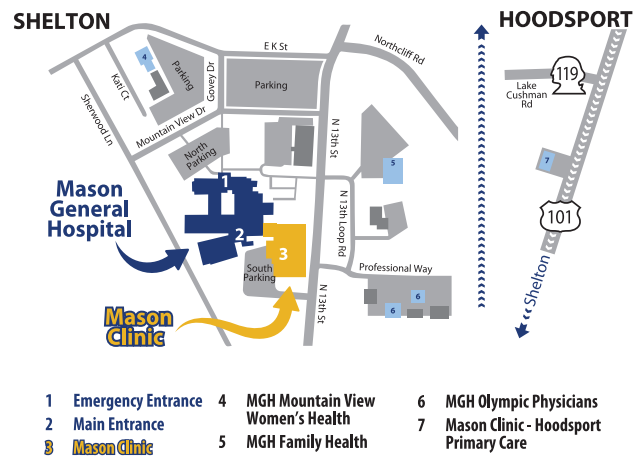
www.masongeneral.com



Mason General Hospital
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Shelton (360) 426-1611
From Allyn (360) 275-8614
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Mason Clinic
1701 N. 13th Street
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Toll-free (800) 824-8885

Mason Clinic Hoodspport Primary Care
4261 N US Highway 101
PO Box 279
Hoodspport, WA 98548
(360) 432-7781



Diabetes Prevention Program



**United Community
Empowered People
Exceptional Health**

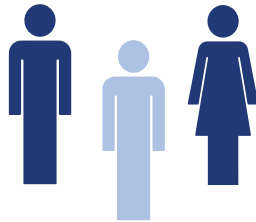
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www.masongeneral.com

www.MasonGeneral.com • 901 Mountain View Drive, Shelton, WA 98584 • (360) 426-1611, from Allyn (360) 275-8614, Toll free (855) 880-3201, TTY/TDD (360) 427-9593. Equal Opportunity Provider - Free Translation Services Provided /Se habla español - Mason Health does not discriminate on the basis of patient's age, race, ethnicity, national origin, gender identity or expression, sexual orientation, religion, culture, physical or mental disability, financial status or condition (including the terminally ill or dying), limited English, visual, hearing or learning impaired.

Prediabetes: Could it be You?

88 million

American adults -
more than
1 out of 3 -
have prediabetes.

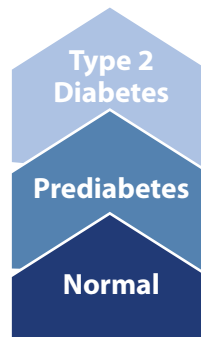


9 out of 10

people with
prediabetes do not
know they have it.

Prediabetes

occurs when your blood
sugar level is higher than
normal but not high
enough to be diagnosed
as Type 2 Diabetes.



Prediabetes increases your risk of:



**Type 2
Diabetes**

**Heart
Disease**



Stroke

If you have prediabetes, losing weight
by **Eating Healthy** and **Being More
Active** can cut your risk of getting
Type 2 Diabetes in **HALF**.



Without weight loss and
moderate activity, **15 to
30% of people with
prediabetes** will
develop Type 2 Diabetes
within **5 years**.



Diabetes can cause:



Blindness

**Kidney
Failure**



**Heart
Disease**



Stroke



**Loss of Toes,
Feet or Legs**

Find out if you have prediabetes.

See your doctor to get your blood sugar tested.



**Eat
healthy**



**Be more
active**



**Lose
weight**

Take the
**Prediabetes
Risk Quiz** at
[www.cdc.gov/diabetes/
prevention](http://www.cdc.gov/diabetes/prevention)

