



**FREE HEALTH LECTURE**

# Is your blood sugar level higher than normal?

## **PREDIABETES RAISES RISK FOR HEART ATTACK, STROKE**

One in three Coloradans over age 20 has “prediabetes” — higher than normal blood sugar levels — and is at high risk for developing full-blown diabetes within six years. Yet 90% of them don’t even know it!

When prediabetes progresses to diabetes, you have a much higher risk for heart and kidney disease, stroke, blindness and many other serious conditions. Luckily, many people with prediabetes can delay or even prevent the onset of full diabetes.

Come hear a board-certified internist describe how prediabetes is diagnosed, the terrible toll it can take when uncontrolled and practical steps you can take to help ward off full-blown diabetes.

**Speaker** Stephen Hoerler, MD, of Internal Medicine Associates of Boulder

**When** Wednesday, Feb. 25, from 7 to 8 p.m.

**Where** The Dairy Center for the Arts, 2590 Walnut St., Boulder  
(Main entrance is located on 26th Street. Parking lot entrance is on Walnut Street.)

Reservations required: [bchlectures.org/prediabetes](http://bchlectures.org/prediabetes) • 303-441-0580

 Boulder Community Health

