

# “I’m Good” Sounds Fine. Your Numbers Tell the Truth.

## Diabetes can build quietly while life keeps moving.

You can feel fine and still have high blood sugar - that is what makes diabetes easy to miss. You may have no obvious symptoms, but over time, high blood sugar can affect your heart, kidneys, eyes, feet, teeth, energy, and erections.

The CDC estimates 40.1 million people in the U.S. have diabetes and about 27.6% don’t know it. Another 115.2 million U.S. adults have prediabetes.

### Watch for these signs

- Feeling more thirsty than usual
- Urinating more often
- Feeling very tired
- Blurry vision
- Cuts or sores that heal slowly
- Numbness, tingling or pain in your feet
- Unexplained weight loss
- Erectile difficulty

### What the numbers mean

	Normal	Prediabetes	Diabetes
A1c test *	Below 5.7%	5.7% to 6.4%	6.5% or higher
Fasting blood sugar	Less than 100 mg/dL	100 to 125 mg/dL	126 mg/dL or higher

*\*An A1c test shows your average blood sugar over the past two to three months.*

### What you can do

- Ask for a blood sugar or A1c screening
- Keep up with primary care visits
- Take prescribed medication as directed
- Drink water more often than sugary drinks
- Move your body when you can
- Check your feet for cuts, sores or numbness
- Keep up with eye and dental care
- Tell your provider if cost, food, stress, transportation or work schedules make care harder

At Sam Rodgers, you can get coordinated care in a modern, welcoming medical home. Our team can help with primary care, lab testing, medication support, referrals, and practical next steps.

We see patients regardless of insurance or ability to pay.