



7 Diabetes is the **seventh leading cause** of death in the United States.¹

37.3 million US adults have diabetes, and **1 in 5 don't know they have it.**¹



1 in 3 people has prediabetes.¹

In the last 20 years, the number of adults diagnosed with diabetes has

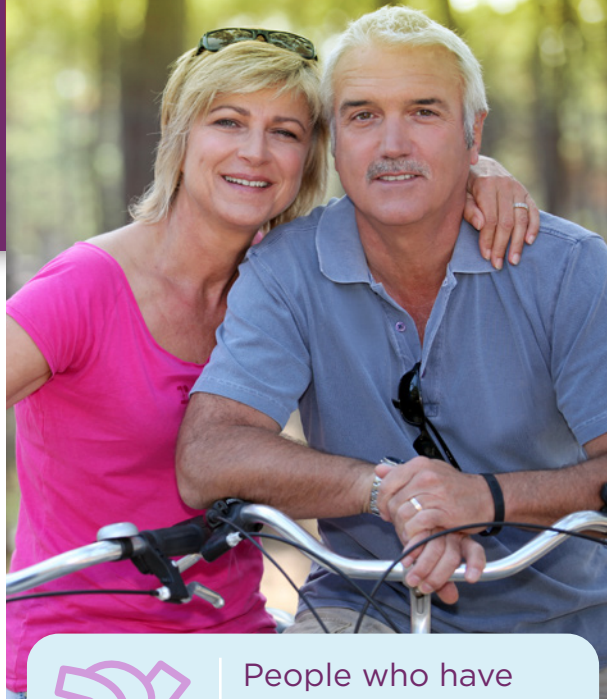
doubled.¹



DIABETES IS THE NO. 1 CAUSE of kidney failure, lower-limb amputations, and adult blindness.¹

Individuals with the following characteristics are at increased risk for developing prediabetes and type 2 diabetes:

- 35 years of age or older
- Overweight
- Family history of diabetes
- Physically active fewer than three times per week
- Had diabetes while pregnant (gestational) or gave birth to a baby that weighed more than 9 lbs.



People who have diabetes are **twice as likely to have heart disease or a stroke.**¹

For more information on a UPMC Western Maryland Lifestyle Program, talk to your health care provider or visit UPMCWesternMaryland.com/FindOut.

Diabetes Self-Management Program

UPMC Western Maryland Center for Clinical Resources | 240-964-8787

Diabetes Prevention Program

UPMC Western Maryland Community Health 240-964-8424

¹Center for Disease Control and Prevention

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WE'RE HERE TO HELP YOU MANAGE

- PREDIABETES
- TYPE 1 DIABETES
- TYPE 2 DIABETES



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12500 Willowbrook Road Cumberland, MD 21502

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If You've Been Diagnosed with Type 1 or Type 2 Diabetes:

Living Well with Diabetes is a diabetes self-management program with interactive group education.

Participants will work with a certified diabetes educator, nurse, registered dietitians, pharmacists, and a wellness coach/activity instructor.

The program is offered monthly and covers the many aspects of diabetes self-management and glycemic control. A family member or support person is welcome to attend with you.

A physician referral is required to attend.

Call UPMC Western Maryland Center for Clinical Resources at 240-964-8787 for more information.



If You've Been Diagnosed with Prediabetes:

The Diabetes Prevention Program (DPP) is for individuals over the age of 18 who have prediabetes or are at risk for type 2 diabetes but who DO NOT already have diabetes.

Participants will work with a trained lifestyle coach to learn the skills needed to make lasting changes, such as eating healthier, losing weight, reducing stress, and increasing physical activity.

The program is available in-person, virtual, online, and a combination to fit your schedule.

PHASE I: Weight Loss
(First 6 months - Weekly Meetings)

PHASE II: Maintenance
(Second 6 months - Monthly Meetings)

Participants can self-refer or be referred by a health care provider.

Call UPMC Western Maryland Community Health at 240-964-8424 for more information.



Living Well with Diabetes and the Diabetes Prevention Program are not weight loss programs, they are lifestyle programs. Going on a diet is not the treatment for diabetes or prediabetes; a lifestyle change is the treatment.

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