

**Q: What conditions are linked to prediabetes?**

**A: Pavithra Ravinatarajan, Pharmacist & Director, Plan Sponsor Risk Management & Key Accounts Strategy, Manulife:** “If you happen to have certain conditions perhaps you have high cholesterol already perhaps you may be gaining weight and you’re on the line, maybe you have obesity. These conditions have been shown to bring people towards prediabetes just because your bodies metabolism and endocrine system naturally starts to slow down with these other conditions that are occurring that can lead to someone having prediabetes.”