

## Dedication

This book is dedicated to the physicians, scientists, nurses, dietitians, pharmacists, exercise physiologists, psychologists, lifestyle coaches, and all professional individuals and laypersons engaged in the research, discovery, dissemination, translation, application, and execution of the simple yet profound idea that modest lifestyle changes can help individuals at risk for type 2 diabetes avoid that diagnosis. Those individuals at high risk of type 2 diabetes have the condition known as prediabetes.

This book also is dedicated to the nearly 90 million people in the United States and 374 million worldwide who live with prediabetes, in the hopes that the information contained herein will provide them and their healthcare team the knowledge necessary for blocking the occurrence of diabetes, reversing prediabetes, and restoring normal glucose regulation.

## Disclosures

Dr. Dagogo-Jack has served as a principal investigator or co-investigator for clinical trial contracts between the University of Tennessee and AstraZeneca, Novo Nordisk, and Boehringer-Ingelheim; has served as a consultant and advisory board member for AstraZeneca, Bayer, Boehringer-Ingelheim, Janssen Pharmaceuticals, Merck, Novo Nordisk, and Sanofi; and holds equity interests in Jana Care, Inc., and Aerami Therapeutics. He has also served as an expert for Sidley Austin, Adam and Reese, and Wheeler Trigg O'Donnell law firms on litigation related to diabetes and hormonal disorders.