

Know Your Numbers

Tips to Lower Your Risk of Diabetes

Week 1

What is prediabetes?

Prediabetes is a condition that comes before diabetes. It means your blood glucose levels are higher than normal but aren't high enough to be called diabetes. There are no clear symptoms of prediabetes. You can have it and not know it.

If I have prediabetes, what does it mean?

It means you might get type 2 diabetes soon or down the road. You are also more likely to get heart disease or have a stroke. The good news is that you can take steps to delay or prevent type 2 diabetes.

How can I delay or prevent type 2 diabetes?

You may be able to delay or prevent type 2 diabetes with:

- Physical activity, like walking
- Weight loss if needed – losing even a few pounds will help
- Taking medication, if your doctor prescribes it

If you have it, these steps may bring your blood glucose to a normal range. But you are still at a higher risk for type 2 diabetes.

Regular physical activity can delay or prevent diabetes

Being active is one of the best ways to delay or prevent type 2 diabetes. It can also lower your weight and blood pressure, and improve cholesterol levels. Ask your health care team about safe ways of being active for you. One way to be more active is to try to walk for half an hour, five days a week. If you don't have 30 minutes all at once, take shorter walks during the day.

Weight loss can delay or prevent diabetes

Reaching a healthy weight can help you a lot. If you're overweight, any weight loss, even 7% of your weight (for example, losing about 15 pounds if you weigh 200) may prevent or delay your risk for diabetes.

Source: [http://professional2.diabetes.org/PatientEducationLibraryDetail.aspx?pmIPath=Prediabetes_Flyer3_b5b0da39-b2c3-4539-a4cd-7485cfc1fdef&pmIName=Prediabetes_Flyer3.pdf&pmIID=132&pmITitle=Prediabetes What Is It and What Can I Do?](http://professional2.diabetes.org/PatientEducationLibraryDetail.aspx?pmIPath=Prediabetes_Flyer3_b5b0da39-b2c3-4539-a4cd-7485cfc1fdef&pmIName=Prediabetes_Flyer3.pdf&pmIID=132&pmITitle=Prediabetes%20What%20Is%20It%20and%20What%20Can%20I%20Do?)

****For additional help implementing these changes, take advantage of your health coach!** To set up your appointment please contact your Agnesian Health Coaches at Tara: 920-926-5678 or Angie 920-926-5508 or e-mail workandwellness@agnesian.com.