

# Do You Have Prediabetes?

79 million people in the U.S. do



## What is Prediabetes?

Prediabetes is a condition when your blood glucose is higher than normal but not high enough to be diabetes. This condition puts you at risk for developing type 2 diabetes

Results indicating prediabetes are:

- An A1C of 5.7% – 6.4%
- Fasting blood glucose of 100 – 125 mg/dl
- An OGTT 2 hour blood glucose of 140 mg/dl – 199 mg/dl

## Symptoms of Prediabetes:

There are no clear symptoms of prediabetes, so, you may have it and not know it. Some people with prediabetes may have some of the symptoms of diabetes or even problems from diabetes already

## Prediabetes facts:

- Prediabetes puts you at a higher risk for developing type 2 diabetes and cardiovascular disease
- You will not develop type 2 diabetes automatically if you have prediabetes. For some people with prediabetes, early treatment can actually return blood glucose levels to the normal range

## You just found out you are Prediabetic...What you can do to avoid type 2 diabetes

### Move more:

- Physical activity is an essential part of the treatment plan for prediabetes because it lowers blood glucose levels and decreases body fat
- Ideally 30 minutes/5 days a week but work with your physician to determine what amount and type is right for you

### Lower your weight:

- In one study, people who had prediabetes did 30 minutes a day of moderate exercise and lost 5% to 7% of their body weight (just 10-14 pounds in someone who weighs 200 pounds) cut their chances of getting diabetes by 58%

### See the doctor more:

- See your doctor every three to six months, if you're doing well, you can get positive reinforcement from your doctor. If it's not going so well, your doctor can help you get back on track

### Eat better:

- Load up on fruits and vegetables, especially the less-starchy kinds such as spinach, broccoli, carrots, and green beans
- Add more high-fiber foods into your day
- Choose whole-grain foods instead of processed grains -- for example, brown rice instead of white rice

Adapted from: <http://diabetes.webmd.com/features/prediabetes-diagnosis-what-to-do>  
<http://www.diabetes.org/diabetes-basics/prevention/pre-diabetes/>

