

PRE-DIABETES

PRE-DIABETES IS:

- A condition that precedes Type 2 Diabetes.
- A fasting blood sugar result that is higher than normal - but not high enough to be called diabetes.
- A fasting blood sugar result between 101-125 is considered "pre-diabetes".
- It is a "red flag", a warning, that you are at risk for getting diabetes.
- Recent research has shown that some long term damage to the body, especially the heart and circulatory system, may already be occurring during pre-diabetes!



CAN PRE-DIABETES BE TREATED?

YES! YES! YES!

- Diabetes does not go away once you have it- it's better to prevent it in the first place.
- It is treated with attention to weight loss, good diet and regular exercise.
- Your provider will assist you in making a plan right for you!

WHAT ARE THE RISK FACTORS FOR PRE-DIABETES?

- 45 years old and older and being overweight
- Younger than age 45, overweight and have additional risk factors for diabetes, such as a family member with diabetes.



✓ Ask your provider to check your fasting blood sugar.



HOW CAN I TREAT PRE-DIABETES?

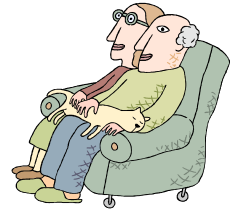
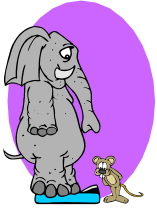
You can prevent the development of type 2 diabetes by:

- ✓ Making changes in your diet-
 - Cutting down on fat. Cutting back on calories.
- ✓ Increasing your level of physical activity-
 - Exercising 30 minutes a day, 5 days a week.
 - A brisk walk will do the trick!
- ✓ Weight loss of about 5-7% of your total weight.



WHAT ARE THE RISK FACTORS FOR DIABETES?

RISK FACTORS YOU CAN CHANGE



➤ BEING OVERWEIGHT

➤ BEING PHYSICALLY INACTIVE

➤ HAVE HIGH BLOOD PRESSURE (OVER 140/90)



➤ HAVE LOW HDL CHOLESTEROL (35MG/DL OR LOWER), or, HIGH TRIGLYCERIDES (250MG/DL OR HIGHER)

RISK FACTORS YOU CAN NOT CHANGE

• HAVE A PARENT, BROTHER OR SISTER WITH DIABETES.



• YOU ARE AFRICAN AMERICAN, NATIVE AMERICAN, ASIAN AMERICAN, PACIFIC ISLANDER, OR HISPANIC AMERICAN.



• YOU HAVE HAD A BABY WEIGHING MORE THAN 9 LBS OR HAVE HAD GESTATIONAL DIABETES.



The Center for Wellness & Disease Management