



## All About Pre-Diabetes

### What is pre-diabetes?

Pre-diabetes is a condition that can lead to type 2 diabetes and heart disease. When you have pre-diabetes, your blood glucose (sugar) levels are higher than normal but are not high enough to be called diabetes. Diabetes can lead to many health problems, so it is better to prevent it the first place. You can take steps to reverse pre-diabetes and delay or prevent type 2 diabetes.

### Why do people have pre-diabetes?

You are likely to develop pre-diabetes when you have certain risk factors. Your chances of having pre-diabetes go up if you

- Are 45 or older
- Are African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander
- Have a parent, brother or sister with diabetes
- Are overweight
- Are physically inactive
- Have high blood pressure (140/90 or higher)
- Have low HDL cholesterol (35mg/dL or lower) and/or high triglycerides (higher than 250 mg/dL)
- Had diabetes during pregnancy
- Have been diagnosed with Polycystic Ovary Syndrome (PCOS)

### How can pre-diabetes be reversed?

You can reverse pre-diabetes by

- Cutting back on calories and saturated fat
- Losing weight
- Increasing your daily physical activity

If you are overweight, losing 5 to 10 percent of your total weight can help you a lot. For example, if you weigh 200 pounds your goal should be to lose 10 to 20 pounds.

### How do I decide what to do?

You do not have to make big changes. Small steps can add up to big results. Your health care team can help you make a plan. Talk about ways to be active, such as

- Walking for at least 30 minutes a day, 5 days a week
- Being more active throughout the day by parking further from the store or walking around the house during commercials

For more information about physical activities, go to [www.MobileCountyHealth.org](http://www.MobileCountyHealth.org) and click on the “Just Move It” tab on the right side of the screen.

Make a plan to eat less food and calories. You can meet with a dietitian to talk about what to eat and how to lose weight. You want to try

- Starting each dinner with a salad of leafy greens. Salad provides nutrients and fills you up. As a result,

you might eat less of any high-calorie foods that might come later.

- Switching from regular soda and juice to no-calorie water

### **Are there any medicines to treat pre-diabetes?**

If you have been told you have pre-diabetes, have your blood glucose levels checked every year. Your health care provider may want to check your glucose levels more often, especially if you are taking a medicine for pre-diabetes.

### **What else should my health care provider check?**

When you have pre-diabetes, your health care provider should also check for signs of heart disease and blood vessel problems. For example, your health care provider might check your blood pressure and cholesterol. Talk with your health care team about what to do if your blood pressure and cholesterol levels are too high. Making wise food choices, staying active, and taking medicines (if needed) can help you stay healthy.

### **What does having pre-diabetes mean for my health in the future?**

Having pre-diabetes is your early warning system. Take action now and avoid the problems that diabetes and heart disease could bring. Small steps can make a big difference in your health. Start today to reverse your pre-diabetes.

*Note: Pre-diabetes information in this document is ©2009 by the American Diabetes Association, Inc.*