

Patient Information

PREDIABETES

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What is Prediabetes?

Prediabetes means that on a recent test of your blood sugar:

Your fasting blood sugar was between 100 and 125

OR

Your 2 hour sugar level on a oral glucose tolerance test was between 140 and 199

You do NOT have diabetes. Prediabetes (or Impaired Glucose Intolerance) is a real condition that greatly increases your risk of becoming diabetic within the next 4 to 7 years. Patient with prediabetes have a 2x increased risk for heart disease and death from heart disease. There is also a 10 percent increased risk of developing many blood vessel complications seen with diabetes including damage to the kidneys, eyes, and nerves.

What can I do now?

Although several clinical studies have examined the use of medications to delay progression to diabetes, medications are not currently recommended for prediabetes. Overall weight loss and physical activity is the key to preventing diabetes and has been shown to be more effective than medication.

Your provider will continue to periodically every 6 to 12 month to recheck your sugar level.

We will also refer you to a Nutritionist who will help to educate you about better eating habits.

Other things you can do to improve your health and prevent diabetes includes

- Blood pressure goal under 130/80
- Total cholesterol under 200 and LDL cholesterol under 100
- Exercise regularly start with as small at 10 min of walking a day - with a goal of 30 min of aerobic activity where you break a sweat and find it difficult to talk for at least 5 days a week