

57 MILLION PEOPLE

## TAKE CONTROL OF PRE-DIABETES

### WHAT IS PRE-DIABETES?

Pre-diabetes is the state in which blood glucose levels are abnormally high, but not yet high enough to be diagnosed as diabetes. Currently in the United States, 57 million people have pre-diabetes. Research indicates that people who have pre-diabetes have an increased risk of cardiovascular disease and are likely to develop type 2 diabetes. Untreated, type 2 diabetes can lead to serious complications—including heart attack, stroke, kidney disease, blindness, and nervous system damage.

### THE IMPORTANCE OF SCREENING

Symptoms of type 2 diabetes include frequent urination, excessive thirst, blurred vision, frequent infections, and unexplained fatigue. Because these symptoms often seem innocuous, diabetes frequently goes undetected. In fact, approximately 5.7 million people who

have diabetes are unaware of their condition. For this reason, screening is vital. A glucose test can alert an individual that he or she has pre-diabetes or diabetes. Generally, medical professionals identify pre-diabetes from the results of either the fasting plasma glucose test (FPG) or the oral glucose tolerance test (OGTT).

### PREVENTION

According to the American Diabetes Association (ADA), studies have shown that people with pre-diabetes can prevent or delay the development of type 2 diabetes by up to 58 percent through changes to their lifestyle that include modest weight loss and regular exercise. Recommendations include that people with pre-diabetes reduce their weight by 5-10 percent and participate in some type of modest physical activity for 30 minutes daily. In some cases, these modifications can return blood glucose levels to the normal range. Consider the following tips from the ADA.

- › Eat lots of vegetables and fruits. Choose from the rainbow of colors to maximize variety.
- › Choose whole grain foods over processed grain products.
- › Cut back on high calorie snack foods and desserts.
- › Eating too much of even healthful foods can lead to weight gain. Watch your portion sizes.
- › Get a check-up before planning your fitness routine. Find out what is safe for you to do.
- › Think about your current habits. How active are you? Pick some changes that will make the biggest impact.
- › Find something you enjoy doing. Try different activities on different days.

**If you experience symptoms of diabetes, consult a physician for diagnosis and treatment.**



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## DIABETES COMPLICATIONS:

### Reduce Your Risk!

People who have diabetes can reduce the risk of dangerous complications—such as heart disease, nerve damage, and blindness—by monitoring and managing their blood glucose levels. Make sure that you have the skills you need to manage this disease effectively.

For information regarding diabetes treatments, call RMC's Certified Diabetes Educator at 803-395-4045.