



Prediabetes

Prediabetes is a medical condition that increases an individual's risk of developing type 2 diabetes and its associated health complications. Prediabetes is diagnosed when an individual has a blood glucose (sugar) level higher than normal but not yet high enough for a type 2 diabetes diagnosis. If left untreated, individuals with prediabetes have an increased risk of developing heart disease, stroke, kidney disease, nerve damage, and other health complications.

Causes

The primary cause of prediabetes is an individual's weight and body fat percentage. When an individual has too much body fat, it can interfere with insulin production and cause the body to become resistant to insulin, resulting in elevated blood glucose levels. In addition, prediabetes can be caused by a family history of diabetes, inactivity, and poor nutrition.

Symptoms

Many individuals who have prediabetes do not experience any physical symptoms. However, some symptoms can include increased thirst, frequent urination, fatigue, blurred vision, and slow-healing sores.

Treatment

Fortunately, prediabetes can be prevented and reversed with lifestyle changes, such as improving exercise and diet habits. Regular physical activity, weight loss, and sleeping 7-8 hours per night can help prevent and reverse prediabetes. Furthermore, incorporating healthy foods into one's diet, such as leafy greens, whole grains, and lean proteins, can help decrease blood glucose levels. Quitting smoking, reducing stress, and limiting alcohol consumption can help improve an individual's health and decrease their risk of developing type 2 diabetes.

Conclusion

Prediabetes is a serious medical condition that increases an individual's risk of developing type 2 diabetes. Individuals need to be aware of the causes, symptoms, and treatments for prediabetes to manage their health and reduce their risk of type 2 diabetes.

References

American Diabetes Association. Prediabetes. <https://www.diabetes.org/prediabetes>

Centers for Disease Control and Prevention.

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*This flyer is informational and not considered to be medical advice. Please consult your healthcare provider for information related specifically to your condition.