

What is prediabetes?

Prediabetes is when your blood sugar (or glucose) levels are higher than normal but not high enough to be diagnosed as type 2 diabetes. Did you know that an estimated 57 million American adults—or 1 in every 4 adults—have prediabetes?

What's going on in your body?

The beta cells of the body play an important role. The beta cells are in the pancreas, a large gland behind the stomach. These cells make and release insulin. Insulin is a hormone that is naturally made by the body. Insulin helps sugar move from your blood into your body's cells. Your cells need sugar for energy. In people with prediabetes:

- The beta cells may not be working as well as they should, and some may start to die off
- As the number of beta cells goes down, the pancreas may begin to make less insulin

This increases the risk of developing type 2 diabetes. But it *can* be prevented. See the box on this page to find out how.

Can I reverse prediabetes?

Yes! It may be possible to stop prediabetes and keep it from going on to type 2 diabetes. Eating a healthy diet and losing weight can help. Losing

just 5% to 10% of your body weight can make a difference. The best way to lose weight is with:

- A healthy eating plan
- Regular physical activity, such as walking, for 30 minutes a day, 5 days a week

Who is at risk?

You are more likely to get prediabetes if you:

- Are overweight
- Are age 45 years or older
- Have a parent or sibling with diabetes
- Have high blood pressure
- Do not get regular physical activity

How is it diagnosed?

You may have no symptoms. Instead, it is found with one of the following tests:

- Fasting glucose test (FGT)—Measures blood sugar when you haven't eaten anything for at least 8 hours
- Glucose tolerance test (GTT)—Measures blood sugar after you haven't eaten anything for at least 8 hours and 2 hours after you drink a sugary drink provided by a doctor or laboratory
- A1C—Measures your average estimated blood sugar over the past 2 to 3 months

Here are the results that the tests may show:

	Normal Blood Sugar	Prediabetes	Diabetes
FGT	Less than 100 mg/dL	100-125 mg/dL	126 mg/dL or higher
GTT	Less than 140 mg/dL	140-199 mg/dL	200 mg/dL or higher
A1C	Less than 5.7%	5.7%-6.4%	6.5% or higher

Adapted from the American Diabetes Association. Standards of medical care in diabetes—2011. *Diabetes Care*. 2011;34(suppl 1):S11-S61.

If results are normal, the tests should be repeated at least every 3 years.

For more information, visit Cornerstones4Care.com