

Do you have Prediabetes?

Most adults develop prediabetes **before** they develop diabetes.

Prediabetes is a condition where your blood sugar levels are higher than normal, but not high enough to be diagnosed as diabetes.

You may have prediabetes and not know it. Some people have symptoms such as:

- | | | |
|---|--|---|
| <input checked="" type="checkbox"/> Urinating often | <input checked="" type="checkbox"/> Feeling very thirsty | <input checked="" type="checkbox"/> Feeling very hungry |
| <input checked="" type="checkbox"/> Extreme fatigue | <input checked="" type="checkbox"/> Blurry vision | |



Some people have already developed complications from high blood sugars, such as:



- Heart disease (high blood pressure, high cholesterol, heart attack, stroke)
- Eye disease (cataracts, glaucoma)
- Kidney disease (decreased kidney function)
- Foot problems (lack of sensation)
- Skin problems (frequent infections, cuts/bruises slow to heal)
- Gastrointestinal problems (diarrhea, constipation)
- Genitourinary problems (infections, impotence)

Prediabetes is indicated present if you have **one or more of the following** test results:

- Fasting blood sugar of 100 – 125 mg/dl or after meal blood sugar of 140 mg/dl – 199 mg/dl

What you can do to treat Prediabetes and prevent Diabetes

The goal is to return your blood sugar levels to the normal range:

- Weight Loss
 - Lose at least 7 % of your current weight (that would be a weight loss of 15 pounds if you weigh 200 pounds) – Remember, slow gradual weight loss is best
- Moderate exercise
 - Take a brisk walk for 30 minutes, five days a week



Visit www.diabetes.org for more ways to *treat Prediabetes and prevent Diabetes.*



For more information about this topic
or about our Wise Health Decisions®
worksite wellness program:

Toll Free: 866-231-3435

Email: adarlage@clinical-solutions-llc.com