

# Prediabetes

## Prediabetes

Prediabetes means that your blood glucose (sugar) levels are higher than normal but not high enough to be considered diabetes.

Prediabetes puts you at risk for type 2 diabetes, heart disease and stroke. It should be taken seriously.

There are two types of prediabetes:

### ■ impaired fasting glucose (known as IFG)

Your blood glucose is too high in the morning after fasting (not eating or drinking) for 8 to 12 hours.

- Normal glucose levels are less than 100 mg/dL.
- Prediabetes glucose levels are between 100 to 125 mg/dL.
- Diabetes is diagnosed if your blood glucose is 126 mg/dL or higher.

### ■ impaired glucose tolerance (known as IGT)

Your blood glucose is too high during the day after not fasting.

- Normal glucose levels are less than 140 mg/dL.
- Prediabetes glucose levels are between 140 to 199 mg/dL.
- Diabetes is diagnosed if your blood glucose is 200 mg/dL or higher.

Glucose is important to your health. It is the main source of energy for muscle and body tissue cells. Insulin is a hormone from your pancreas that helps glucose move into cells.

If you have prediabetes, your body is starting to have problems with this process and a small amount of glucose builds up in your bloodstream.

## What You Can Do

Making a few lifestyle changes may help your body use insulin better and bring your blood glucose back to normal levels. This is the best way to prevent or delay type 2 diabetes from developing.

### Eat a Healthful Diet

- Choose low-fat and lower-calorie foods.
- Focus on fresh fruits, vegetables and whole grains.
- Try to eat smaller portions of food.

### Get Regular Physical Activity

- Aim for 30 minutes of physical activity a day. If you cannot get 30 minutes of activity at one time, break it up into three 10-minute sessions.
- Do physical activities you enjoy.

## **Lose Weight**

- Make realistic changes to your eating and physical activity that you can stick with.
- A 5 to 10 percent weight loss can help prevent or delay type 2 diabetes.
- A gradual weight loss goal of 1 to 2 pounds each week is best.

## **Avoid Tobacco**

- Do not smoke. If you need help quitting, talk with your health care provider.

## **Check Your Blood Glucose**

- Have your blood glucose tested at least once a year by your health care provider.

## **More Information**

To learn more about prediabetes at Allina Health, ask your health care provider about a class led by certified diabetes nurse educators and dietitians. The class will give you information to help you make lifestyle changes and understand prediabetes.

If you have questions or concerns about prediabetes, talk with your health care provider.