

# PRE-DIABETES





## A Warning Sign

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### **What is Pre-Diabetes?**

Pre-diabetes (formerly called impaired glucose tolerance) happens when a person's blood sugar levels are higher than normal but not high enough to be diabetes.

### **Why is Pre-Diabetes Important?**

Studies have shown that people with pre-diabetes are likely to develop diabetes and heart disease. It is very good to know that people with pre-diabetes can delay or prevent diabetes and heart disease with lifestyle changes.

### **Healthy Goals:**

- Lower blood sugar
- Blood pressure of 120/80 or lower
- LDL Cholesterol less than 100 mg/dl
- HDL Cholesterol:  
more than 50 mg/dl (women)  
more than 40 mg/dl (men)
- Triglycerides less than 150 mg/dl
- Routine physical activity
- Healthy weight

**Talk to your doctor about safe ways to reach these goals.**

# Diabetes Risk Factors

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Pre-diabetes is one risk factor for diabetes. The more risk factors you have and the longer you have them, the more likely it is that you may have diabetes.

## Other Risk Factors Include:

- Mother, father, sister or brother with diabetes
- Overweight (BMI over 25\*)
- 45 years old or older
- Giving birth to a baby weighing 9 pounds or more or having had gestational diabetes
- Having high blood pressure or very high cholesterol or triglyceride levels
- Being African American, Hispanic American, Asian American, Native American, or Pacific Islander American
- Having PCOS (Polycystic Ovary Disease)

\* To calculate your Body Mass Index (BMI) ask your healthcare professional or go to this website:

**[www.cdc.gov/nccdphp/dnpa/bmi/index.htm](http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm)**

## Know the Numbers

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**Fasting plasma glucose test** measures your blood glucose after you have gone at least 8 hours without eating. The results (in mg/dl):

- Less than 100 is normal
- 100 to 125 is pre-diabetes
- 126 or more is diabetes\*

\*If repeated on 2 separate tests

**Oral glucose tolerance test** measures your blood glucose after you have gone at least 8 hours without eating and 2 hours after you drink a glucose-containing beverage. The results (in mg/dl):

- Less than 140 is normal
- 140–199 is pre-diabetes
- 200 or more is diabetes\*

\*If repeated on 2 separate tests

# What Can You Do?

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- Learn about pre-diabetes and make changes to feel your best and prevent diabetes and heart disease.
- Start routine physical activity such as walking, with your health care provider's approval. It is more important to exercise *regularly* than *vigorously* to improve your blood sugar.
- Eat healthy foods:
  - Choose drinks with no calories
  - Eat fruit in moderation
  - Eat vegetables of all colors – fresh, frozen, cooked or salads
  - Eat smaller amounts of bread, cereal, rice, corn, white potatoes and processed snacks
  - Choose sweets less often and enjoy only a small amount
  - If you are overweight, decide what foods you can reduce to cut calories
  - Eat slowly and enjoy the tastes!
- Stop smoking. There are many aids available to help you.
- Share your feelings and share this information with family and close friends.
- Keep all physician visits, and routine physical exams.

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## References:

Clinical Practice Recommendations 2011. *Diabetes Care*, 2011; 34, Supplement 1.

Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults. National Cholesterol Education Program, 2002.

The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. *Hypertension*, 2003; 42:1206.

# Sansum Clinic Resources

- **Pre-Diabetes Class**

Learn more about diabetes and what to eat to improve your blood sugar.

*For class information, please call:*

(805) 737-8700 (Lompoc)

(805) 681-8976 (Santa Barbara)

- **Weight Management Class**

Enjoy success at losing weight.

*For class information, please call:*

(805) 737-8700 (Lompoc)

(805) 681-8976 (Santa Barbara)

- **Health Resource Center**

Access reliable information on all health topics.

*Please call or visit:*

Sansum Clinic Health Resource Center

215 Pesetas Lane, Santa Barbara

[www.sansumclinic.org](http://www.sansumclinic.org)

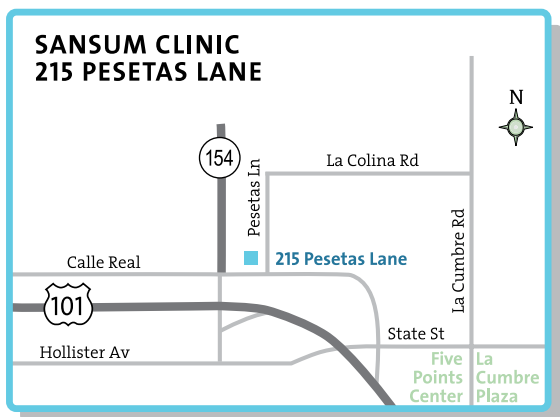
(805) 681-7672 or (800) 281-4425 x7672

*See also:*

- **American Diabetes Association**

[www.diabetes.org](http://www.diabetes.org)

(800) DIABETES



**Health Resource Center**

215 Pesetas Lane, Santa Barbara, CA 93110

(805) 681-7672 or (800) 281-4425 x7672

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