

Sansum Clinic Resources

DIABETES & PRE-DIABETES BASICS PROGRAM

For more information and to sign up, please visit: www.sansumclinic.org/health-and-wellness or call 1-866-829-0909.

REGISTERED DIETITIAN NUTRITIONISTS

For more information please visit SansumClinic.org or call for an appointment, (805) 681-7522.

HEALTH RESOURCE CENTER

Call or visit for reliable answers to all your health questions.

Sansum Clinic, 215 Pesetas Lane, Santa Barbara (805) 681-7672.

See also American Diabetes Association, www.diabetes.org or phone 800-DIABETES.



Reference: Standards of Medical Care in Diabetes 2018. Diabetes Care, January 2018; 41 (Supplement 1)

Pre-Diabetes

*Your wake-up call
for diabetes prevention*



Sansum Clinic Health Resource Center

215 Pesetas Lane
Santa Barbara, CA 93105
(805) 681-7672
www.sansumclinic.org

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Your wake-up call for diabetes prevention

A Warning Sign

Pre-diabetes is blood sugar that is higher than normal, but not high enough to be diabetes. People with pre-diabetes are likely to develop diabetes and heart disease but lifestyle changes can delay or prevent this from happening. Explore the tips here and take advantage of Sansum Clinic resources to stay healthy.

HEALTHY GOALS:

- Blood sugar control
- Blood pressure of 120/80 or lower
- LDL cholesterol less than 100 mg/dl
- HDL cholesterol more than 50 mg/dl for women and more than 40 mg/dl for men
- Triglycerides less than 150 mg/dl
- Physical activity almost every day
- Healthy weight

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



Diabetes Risk Factors

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:

- Mother, father, sister or brother with diabetes
- Overweight, Body Mass Index (BMI) over 25. Check your BMI at [cdc.gov/healthyweight/assessing/bmi/](https://www.cdc.gov/healthyweight/assessing/bmi/)
- Not physically active
- 45 years or older
- Giving birth to a baby weighing 9 pounds or more or having gestational diabetes
- Having high blood pressure or very high cholesterol or triglycerides
- Being African American, Hispanic American, Asian American, Native American or Pacific Islander American
- Having PCOS (Polycystic Ovary Syndrome)

Know the Numbers

DIABETES Fasting plasma glucose is 126 mg/dl or higher
A1C is 6.5% or higher

PRE-DIABETES Fasting plasma glucose is 100 to 125 mg/dl
A1C is 5.7% to 6.4%

NORMAL Fasting plasma glucose is less than 100 mg/dl
A1C is less than 5.7%



What Can You Do?

Learn about **pre-diabetes**. Make changes to feel your best and prevent diabetes and heart disease. Tips to help you:

- **Be active most days**, with your doctor's approval. It is more important to exercise regularly than vigorously to improve your blood sugar. Walking after meals improves blood sugar too.
- **Choose drinks with no calories**. Good choices are water, sparkling water, flavored water, sugar-free tea or coffee, or sugar-free soda.
- **Enjoy more vegetables and salads**. Add vegetables at every meal. Fill half your plate with vegetables. Try vegetables as snacks.
- **Limit the amount of fruit you eat**. Choose one fruit to have with a meal or snack. Try a small apple or 1/2 banana or 15 grapes. Fresh, frozen or canned with no sugar added are all good options.
- **Eat only small servings of bread, grains, potatoes, corn, peas and other starchy vegetables**. Choose high fiber such as 100% whole grain, 100% whole wheat, whole oats, corn tortilla, brown rice, or beans.
- **Choose sweets less often and in small amounts**. Try a small yogurt or ice cream with no sugar added as an occasional treat.
- **If you are overweight keep portions small** and look for ways to cut calories.
- **Eat slowly** and enjoy the flavors of your meal.
- **Stop smoking**. There are many aids to help you.
- **Share this information** with family and friends. Share your feelings too.
- **See your doctor** regularly and get the tests recommended.