Prediabetes

Your guide to reducing your risk for the development of diabetes

BRING THIS BOOKLET TO YOUR NEXT DOCTOR’S VISIT.
This guide will:

1. Provide you with information to help you and your family understand prediabetes.

2. Help you talk to your doctor.

3. Encourage you to ask questions.

- Write down your questions and take them to your doctor’s visit.

- Have a family member, friend or caregiver with you so that you both can hear the answers.

- This will help you remember the answers when you get home!
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What is Prediabetes?

Prediabetes means your blood sugar level is high but not high enough to be called diabetes.

Blood tests can tell if your blood sugar level is too high. These tests are called:

- Glucose
- A1C
Symptoms of Prediabetes

People with prediabetes usually do not have any symptoms. That is why it is important to have blood tests. However, if you have symptoms of dry mouth, excessive thirst, being hungry all the time and excessive urination, you may be reaching the stage of diabetes.

**If uncontrolled, prediabetes can lead to diabetes which can cause long term damage to the heart and blood vessels. Making the diagnosis early can reduce your risk for diabetes.**

To watch short videos on prediabetes, go to [www.acpfoundation.org/videos](http://www.acpfoundation.org/videos).

*My questions:*

________________________________________________________________________

________________________________________________________________________

*Answers:*

________________________________________________________________________

________________________________________________________________________
Risks for Prediabetes

These risk factors increase your risk for prediabetes:

- Being overweight (most important risk factor)
- Family history of diabetes
- Over 45 years of age
- High blood pressure
- High cholesterol
- Not being active enough
- Being of African-American, American Indian, Asian American Hispanic or Pacific Islander descent
- Diabetes during pregnancy
- Polycystic ovary syndrome

If you have any of these risk factors, you should be screened for prediabetes.
Prediabetes to Diabetes

One out of every two people with prediabetes will develop diabetes within 10 years of being diagnosed with prediabetes.

If you have prediabetes, you should be screened every year for diabetes. Talk to your doctor about this screening.
Reduce Your Risk

The risk of prediabetes can be reduced by even a small amount of weight loss. This can be done by healthy eating and being active.

If you decrease how much food you eat by 250 calories a day, you can lose a half a pound of weight each week.

Tips to help you eat less:
• Write down everything you eat. Keep a journal, food diary or web app to help count calories.
• Use smaller plates and bowls.
• When eating out, ask for a ‘to-go box’ at the start of the meal. Put half the meal in the box for the next day.
• Don’t watch TV, talk on the phone or browse the web while eating.

My question: ________________________________________________
Answer: ____________________________________________________
While eating less is very important, eating right may also help decrease the risk of prediabetes.

Eat more:
- Fruits and vegetables
- Whole grains
- Low fat milk and cheese
- Chicken, fish and lean meats

Eat less:
- Saturated fats (such as butter and fried foods)
- Salty foods
- Simple sugars (found in junk food, sodas and desserts)

A word about “Sugar”
- Patients with prediabetes have increased blood glucose. This is a form of sugar.
- Eating less of all foods, not just sugar, can help you lower your risk of diabetes.
Tips for Healthy Eating

Don’t Eat These:
- White rice
- White potato
- White bread
- Regular pasta
- Sodas or juices
- Fried chicken

Eat These Instead:
- Brown rice
- Sweet potato
- Whole grain bread
- Whole grain pasta
- Flavored water
- Grilled chicken

Vegetables

Proteins

Carbs

Changes I will make in my eating:
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
Being active will:

- Lower blood sugar levels.
- Decrease your risk of diabetes.
- Help you lose weight by burning calories.
- Help your balance and lowers your risk of falls.
- Reduce your stress.
- Increase your feeling of well being.
- Help you control your blood pressure.
- Help you increase your good cholesterol.
Make increased activity a habit that you will enjoy.
• Try dancing, walking, swimming, or riding a bicycle.
• Exercise with a friend. This will help you stay motivated.
• Park farther away from stores or work. You’ll walk more.
• Take the stairs instead of the elevator or escalator.

Get Started!
• Be active 10 minutes a day, 3 days a week.
• Try to move up to 5 days a week.
• Slowly increase your activity to 30 minutes a day.

Activity I will do this week:
Take control of your health by regularly writing down:

• Your blood pressure (at least once a week)
• Your weight (at least once a week)
• Any time spent exercising
• How much sleep you are getting

Bring your results to your next doctor’s visit.

My monitoring goal:

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________
People with prediabetes often take medications to control other medical problems such as high blood pressure or high cholesterol. Some medications may also help prevent or delay the development of diabetes. Talk to your doctor about these medications to see if they are right for you.

If you are taking medications make sure to:
- Always carry an updated list.
- Know what they are for and how to take them.
- Tell your doctor if you are having trouble paying for your medications.
- Tell your doctor if you are having side effects.
- If you have questions, ask your doctor or pharmacist.
People with prediabetes are at increased risk for heart attacks and strokes. Talk to your doctor about making sure your other risk factors are well controlled. Here are some things to discuss:

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<th>GOALS</th>
<th>YOUR GOALS</th>
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<td>Blood Pressure</td>
<td>Less than 130/80</td>
<td>__________</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>Less than 150</td>
<td>__________</td>
</tr>
<tr>
<td>Bad Cholesterol (LDL)</td>
<td>Less than 100</td>
<td>__________</td>
</tr>
<tr>
<td>Stop smoking</td>
<td>Quit Date:</td>
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Resources


Video on How to Take Your Blood Pressure, www.acpfoundation.org/videos

Video on Hypoglycemia, www.acpfoundation.org/videos
