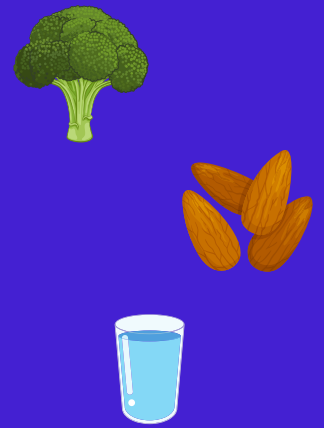
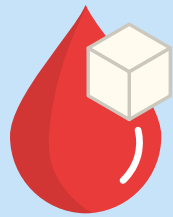


PRE-DIABETES



What is Pre-Diabetes?



Pre-Diabetes is when the blood sugars are higher than normal but not quite to the Diabetes level. The body is not using insulin effectively to move the sugar out of the blood into the cells. This is called insulin resistance.

How is it diagnosed? A lab test for Hemoglobin A1C of 5.7-6.4%.

How long can I have Pre-Diabetes before developing Type 2 Diabetes? You can have Pre-Diabetes for up to 10 years before getting Type 2 Diabetes.

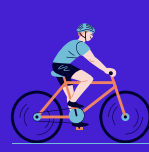
What are the risk factors for pre-diabetes?

- ☐ Primary family member with diabetes
- ☐ Overweight or obese
- ☐ Lack of exercise
- ☐ Polycystic Ovarian Syndrome
- ☐ History of Gestational Diabetes or given birth to 9 lb. or more baby
- ☐ Have high blood pressure or high cholesterol
- ☐ Ethnic background of African American, Alaska Native, American Indian, Asian American, Hispanic/Latino, or Pacific Islander American

How can I prevent getting Type 2 Diabetes?

- A modest weight loss of 5-10% can help prevent getting Type 2 Diabetes. As you lose weight you become less insulin resistant and lower blood sugar levels.
- Regular aerobic exercise like walking can also help to make you less insulin resistant.
- Following a healthy diet, eating three meals a day with small to medium size portions and avoiding sugared beverages.

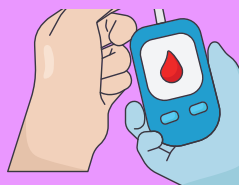
**CARDIO
AIM FOR
150 MIN/WEEK**



**AVOID SUGARED
BEVERAGES**



Should I monitor my blood sugars? Insurance companies will not cover testing supplies for pre-diabetes. Check with your physician.



**REGULAR
EATING**



Breakfast



Lunch



Dinner



The Diabetes
RDN

thediabetesrdn.com