

# Prediabetes

## What Is Prediabetes?

Prediabetes is a medical condition in which blood glucose levels are higher than normal, but not yet high enough to be classified as full-blown diabetes. The higher levels of blood sugar associated with prediabetes can damage the heart and circulatory system, which greatly increases risk of heart disease and stroke.

## Risk Factors

Risk factors for prediabetes are the same as those for Type 2 diabetes. They include:

- Being older than 45 (being over 65 raises the risk even higher)
- Being overweight or obese (with a Body Mass Index (BMI) of 30 or more)
- Exercising seldom or not at all
- Having a family member with Type 2 diabetes
- Having a history of gestational diabetes (diabetes during pregnancy)
- Giving birth to a baby weighing more than nine pounds
- Having low HDL cholesterol (less than 35) and having triglyceride (a type of fat in the blood) levels higher than 250
- Having high blood pressure (140/90 or above)

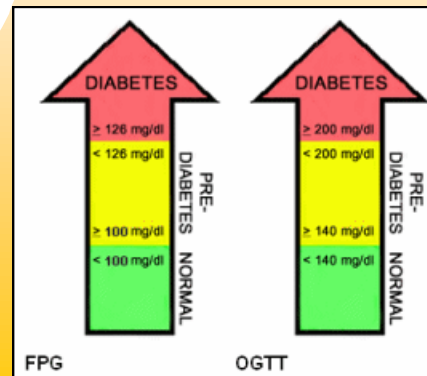
## Testing for Prediabetes

There are generally no symptoms of prediabetes. A diagnosis of the condition is based on the results of a blood test. The prediabetes blood test checks for either impaired fasting glucose or impaired glucose tolerance. (Both conditions indicate prediabetes.) People older than 45 years old who have other risk factors for prediabetes (such as obesity and a low level of physical activity) should have their blood glucose levels checked.

Two different blood tests are used to determine prediabetes: **FPG** (fasting plasma glucose test) and **OGTT** (oral glucose tolerance test). Blood glucose levels are measured after these tests to determine if metabolism is normal. Both require fasting (no food or liquids) for 8 to 10 hours before the test.

With the FPG test, a person's blood glucose is measured first thing in the morning before eating. Normal fasting blood glucose is below 100 mg/dl. A person with prediabetes has a fasting blood glucose level between 100 and 125 mg/dl. If the level rises to 126 mg/dl or above, then the person has diabetes.

With the OGTT test, a person's blood glucose is checked after fasting and again 2 hours after drinking a glucose-rich drink. If blood glucose is abnormal following the OGTT, the result is impaired glucose tolerance. Normal blood glucose is below 140 mg/dl 2 hours after the drink. In prediabetes, the 2-hour blood glucose is 140 to 199 mg/dl. If the 2-hour blood glucose rises to 200 mg/dl or above, the person has diabetes.



## Prediabetes, cont.

### Prevention

Prevention of prediabetes or reversing prediabetes is possible through moderate lifestyle changes. Losing a modest amount of weight (5-10 percent of total body weight), making healthy food choices (a low fat diet), and getting moderate exercise (for instance, walking 30 minutes a day for 5 days a week) can improve the body's ability to process glucose more efficiently.

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For more information please see the following websites:

<http://diabetes.webmd.com/tc/prediabetes-prevention>

<http://www.diabetes.org/pre-diabetes/what-you-can-do.jsp>