

Doctors Direct Healthcare, Inc.

Fall Days are Here Again!

Could you have PreDiabetes and not even know it?

Prediabetes is a serious health condition that increases the risk of developing type 2 diabetes, heart disease, and stroke. Yet, the vast majority of people with prediabetes do not know they have the condition, according to CDC research.

- ◆ Just 7 percent of people with prediabetes are aware of their condition.
- ◆ 79 million Americans—35 percent of adults aged 20 years and older—have prediabetes.
- ◆ Half of all Americans aged 65 years and older have prediabetes.

What is prediabetes?

People with prediabetes have blood sugar levels that are higher than normal, but not high enough for a diagnosis of diabetes. They are at higher risk for developing type 2 diabetes and other serious health problems, including heart disease and stroke. Without lifestyle changes to improve their health, 15 to 30 percent of people with prediabetes will develop type 2 diabetes within 5 years.

How can type 2 diabetes be prevented?

Research shows that modest weight loss and regular physical activity can help prevent or delay type 2 diabetes by up to 58 percent in people with prediabetes. Modest weight loss means 5 to 7 percent of body weight, which is 10 to 14 pounds for a 200-pound person. Getting at least 150 minutes each week of physical activity, such as brisk walking, also is important.

What are the risk factors?

People with the following risk factors are more likely to develop prediabetes and type 2 diabetes:

- ◆ 45 years of age or older.
- ◆ Overweight.
- ◆ Have a parent with diabetes.
- ◆ Have a sister or brother with diabetes.
- ◆ Family background is African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander.
- ◆ Developed diabetes while pregnant (gestational diabetes), or gave birth to a baby weighing 9 pounds or more.
- ◆ Physically active less than three times a week.

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How to diagnose type 2 diabetes and prediabetes?

Fasting glucose test. This measures blood glucose in people who have not eaten anything for at least eight hours. Fasting glucose levels of 100 to 125 mg/dL are diagnostic of impaired fasting glucose (IFG), also called prediabetes. People with IFG often have had insulin resistance for some time and are at high risk for developing type 2 diabetes.

Glucose tolerance test. This test measures blood glucose after people fast for at least eight hours, and two hours after they drink a sweet liquid provided by a doctor or laboratory. A blood glucose level between 140 and 199 mg/dL is called impaired glucose tolerance (IGT) also called prediabetes. Like IFG, it points toward a history of insulin resistance and a risk for developing type 2 diabetes.

Hemoglobin A1c test. This test measures the amount of glucose that is on the red blood cells. Fasting is not necessary. An A1c value of 5.7 to 6.4 percent indicates prediabetes.

*People whose test results indicate they have prediabetes should have their blood glucose levels checked again in six months to one year.

Questions? Call

1-877-503-0388 opt 1

Ask for anyone in

Disease management:

Debbie, Aileen, Kim, or Joy

SUGGESTIONS FOR A FALL FULL OF PROMISE

1. Instead of watching football, play a game with friends or family
2. Get out of the house and kick around a soccer ball
3. Rake the leaves in your yard, then rake the neighbor's leaves as a kindness
4. Take advantage of fall produce and try new recipes with pumpkins, squash, and root vegetables
5. Participate in charity walks in your community
6. Encourage the neighborhood to throw a block party and play old favorites, like sack races and three-legged races
7. Schedule an appointment and keep it, to see your primary care provider for your annual exam
8. If you have put off an eye exam, go ahead and get it done!

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