

# PRE-DIABETES

Act now to protect your health



**Prediabetes is a warning sign** that you may develop diabetes. It means your blood sugar or Hemoglobin A1C levels are higher than normal but not high enough to be called diabetes.

## Fasting Glucose Ranges

- Diabetes: **126 mg/dl or greater**
- Pre-Diabetes: **100-125 mg/dl**
- Normal: **99 or less mg/dl**

**The A1C test measures** your average blood glucose for the past 2 to 3 months.

## Hemoglobin A1C Ranges

- Diabetes is diagnosed at an A1C of greater than or equal to **6.5%**
- PreDiabetes: **5.7% to 6.4%**
- Normal: less than **5.7%**



### Diabetes Risk Factors you cannot control:

- Close relative with diabetes
- 45 years or older
- Gestational diabetes
- High risk ethnic background
- Other medical conditions

### Diabetes Risk Factors you can control:

- Overweight / obesity
- Low activity level
- Cholesterol numbers
- Diet
- High blood pressure



**Saint Alphonsus**



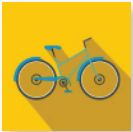
**Trinity Health**  
Livonia, MI

CORPORATE HEALTH AND WELLNESS

For more information contact the  
Corporate Health and Wellness Nurse (208) 367-6567

# TIPS TO PREVENT PRE-DIABETES

Lifestyle changes can have a big impact on pre-diabetes. It has been proven with these changes type 2 diabetes can be prevented or delayed in over half of patients with pre-diabetes.



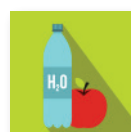
Get at least a total of 150 minutes of exercise per week



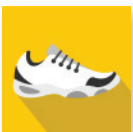
Reduce calories and saturated fats in your diet



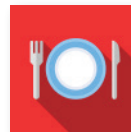
Lose 5-7% of your body weight



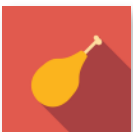
Drink lots of water- replace juice, soda and sugary drinks with water



Take a walk after dinner, take the stairs instead of the elevator, do exercises during TV commercials



Be mindful of portion sizes - resist extra servings



Replace unhealthy proteins with healthy ones such as: chicken, fish, eggs or tofu



Consult your primary care physician for the best treatment plan



Add fresh vegetables to every meal

## Take note...

People with Pre-Diabetes are more likely to develop Diabetes within 10 years and they are more likely to have a heart attack or stroke.

