



Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance specialists at Deutsch & Associates, LLC

What Pre-Diabetes Really Means:

You are more likely to develop Type 2 diabetes

You may already be experiencing adverse health effects

Your risk for cardiovascular disease is increased by 50 percent

PRE-DIABETES: DON'T LET IT LEAD TO TYPE 2

Before being diagnosed with Type 2 diabetes, most people develop “pre-diabetes,” a serious medical condition in which blood glucose levels are higher than normal.

People with pre-diabetes often have no signs or symptoms, or don't recognize them because they develop slowly over a period of time.

Risk Factors

If you are overweight and age 45 or older – You should be checked for pre-diabetes during your next routine medical office visit.

If your weight is normal and you are over age 45 – You should ask your doctor during a routine office visit if testing is appropriate.

If you are under age 45 and overweight – Your doctor should recommend testing if you have any other risk factors for diabetes, including:

- High blood pressure
- Low HDL cholesterol and high triglycerides
- History of gestational diabetes or

delivering a baby weighing 9 pounds or more

- Family history of diabetes
- You belong to an ethnic or minority group at high risk for diabetes, including African-Americans, Latinos, Native Americans, or Asian Americans/Pacific Islanders.

Screening and Diagnosis

Screening guidelines for pre- and Type 2 diabetes are as follows:

- Fasting blood glucose of 100 mg/dl or lower is considered normal.
- Fasting blood glucose elevated to 100 - 125 mg/dl indicates pre-diabetes.
- Fasting blood glucose elevated to 126 mg/dl or higher indicates diabetes.

If your blood glucose levels are in the normal range, follow-up tests should occur every three years. If your results indicate pre-diabetes, you should be re-tested every one to two years after your diagnosis.

Prevention and Treatment

If diagnosed with pre-diabetes, you can and should do something about it. Studies show that people with this condition can prevent or delay the development of Type 2 diabetes through lifestyle changes, including:

- Moderate weight loss (reducing total body weight by 7 percent)
- Regular exercise (30 minutes a day, 5 days a week)



SIMPLE TIPS FOR HEALTHY SNACKING

For some people with pre-diabetes, early enough intervention can actually return elevated blood glucose levels to the normal range.