

PRE-DIABETES: PREVENTING TYPE 2 DIABETES

PATIENT/FAMILY INFORMATION SHEET

What is Pre-Diabetes?

Pre-diabetes is the term used when blood glucose (sugar) is higher than normal but not high enough for a diagnosis of diabetes. It is often used in place of the more correct terms, impaired fasting glucose and impaired glucose tolerance. Pre-diabetes is diagnosed if any of the following occur on 2 different occasions:

- fasting blood glucose is 101-125 mg/dl (impaired fasting glucose)
- non-fasting blood glucose is between 140 and 199 mg/dl (impaired glucose tolerance)
- glycohemoglobin (also called hemoglobin A1c) is between 5.7 and 6.4%

Is Pre-Diabetes Serious?

Yes, pre-diabetes is serious because it increases the risk of developing type 2 diabetes. Pre-diabetes begins about 7 to 10 years before type 2 diabetes is diagnosed. There is evidence that some of the chronic complications seen in type 2 diabetes are developing during this period of time. For example, there is 50% increase in the risk of cardiovascular disease (i.e., heart attack and stroke) with pre-diabetes.

What are risk factors for pre-diabetes?

Risk factors for pre-diabetes are the same as for type 2 diabetes:

- Overweight – especially around the waist
- Sedentary lifestyle;
- Family history of diabetes
- Age – risk increases with age but may occur in childhood if obesity is present
- Ethnic groups - African American, Hispanic American, American Indian, Asian American and Pacific Islander
- Gestational history - women having given birth to a baby weighing more than 9 pounds or who have had gestational diabetes
- Polycystic ovary syndrome
- Inadequate sleep – sleeping less than 7 to 9 hours per night, without interruption

What can I do if I have pre-diabetes?

Lifestyle changes are strongly recommended for individuals with pre-diabetes. There is also evidence that lifestyle changes can prevent or delay getting type 2 diabetes. These include:

- Losing weight. Losing 5-10% of current weight greatly reduces the risk of developing type 2 diabetes.
- Moderate exercise for 30 minutes at least 5 days per week.
- There is also growing evidence that adequate sleep of 7 to 9 hours per night is important to decrease the risk of developing type 2 diabetes.
- In addition, controlling blood lipids (i.e., cholesterol), blood pressure and smoking cessation are important parts of treating pre-diabetes.

Where can I learn more about pre-diabetes?

If you have questions you may contact your physician or any of the following resources:

Organization	Phone
Greenwich Hospital Weight Loss & Diabetes Center	203.863.2939
Greenwich Hospital Diabetes Education Specialist	203.863.3929
American Diabetes Association	800.232.3472
Web Resources	
<input type="checkbox"/> American Diabetes Association: www.diabetes.org	

For more Patient Fact Sheets, see the Greenwich Hospital web site at www.greenwichhospital.org and click on Patient Education