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Prediabetes: A Cause for Concern?

Prediabetes is a condition where glucose, or blood sugar, levels are higher than normal, but not high enough to be considered diabetes. "Normal" blood glucose is less than 100 mg/dl. The prediabetes range is 100mg/dl to 125 mg/dl. Diabetes can be diagnosed with two or more fasting blood glucose measurements of 126 mg/dl or higher.



Glucose is a form of sugar your body uses for energy. Too much glucose in your blood can cause serious damage throughout your body over time and increase your risk for developing diabetes and heart disease.

Should You Be Tested?

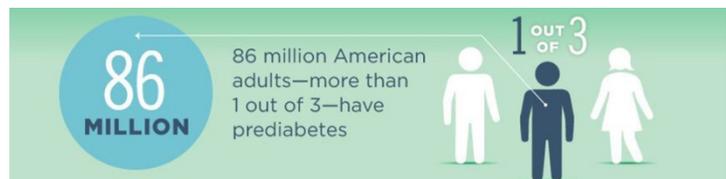
Most people living with prediabetes do not even know they have it, because there are not usually any symptoms. Your doctor can test your blood to find out if your glucose levels are higher than normal.

Risk Factors:

- Over age 45
- Overweight: Body Mass Index (BMI) greater than 27
- Physically inactive
- Have a parent or sibling with diabetes
- Race: African-American, Hispanic/Latino, American-Indian, Asian-American or Pacific-Islander
- Gestational diabetes or gave birth to a baby weighing 9 lbs. or more

What Can You Do about Prediabetes?

If you have been diagnosed with prediabetes, it is essential that you work with your doctor to monitor your blood glucose levels. A few healthy lifestyle changes can help to delay or even prevent the onset of diabetes.



Here's what you can do:

- **Eat Healthy:** Enjoy a variety of foods with an emphasis on vegetables, fruit, lean protein, and whole grains. Pay attention to your portion sizes.
- **Get Active** – Aim for at least 30 minutes of physical activity most days each week. If you cannot do 30 minutes at one time, try to do 10 minutes here and there throughout the day to gradually build up your endurance. When you are active, your body uses the extra glucose in your blood for energy.
- **Lose weight** – Studies have shown that losing weight can lower your risk for developing Type 2 diabetes by nearly 60%! A loss of even 5-10% of your body weight can make a big difference.

Living with Diabetes: Tips and Resources

Diabetes is a disease in which you have too much sugar in your blood (hyperglycemia). With proper care of your disease you can greatly reduce the risk of these health problems which include damage to your heart, blood vessels, kidneys, nerves and eyes.



- **Start Your Education Now**

The first and best step to take after diagnosis is to arm yourself with education. Use books, online communities, support groups, and sites such as [TriHealth.com/diabetes](https://www.trihealth.com/diabetes) or the American Diabetes Association's www.diabetes.org

- **Take Some Time**

Don't rush yourself (or your loved one) from mourning to acceptance. It will take some time to accept the diagnosis and make the necessary lifestyle changes.

- **Set Small Goals**

Set small goals that will be helpful in making lifestyle changes, rather than attempting to change everything at once. Making small changes over time can have an impact on diabetes management and allow you to look at the results and reevaluate as needed.

- **Work with a Diabetes Care Team**

Bring a loved one with you to meetings with doctors and health care providers. Having someone there who can advocate for you will be helpful in ensuring that you will receive the best care possible.

- **Improve Your Eating Habits**

- ❖ Eat a variety of foods, including vegetables, whole grains, fruits, non-fat dairy foods, healthy fats, and lean meats or meat substitutes.
- ❖ Try not to eat too much.
- ❖ Space your meals evenly throughout the day.
- ❖ Do not skip meals.

- **Seek Support**

Family and friends can be a great source of support but they will need to understand diabetes before they can help you. Try some of the ideas below to help them understand:

- ❖ Ask them to learn about how diabetes affects your body and emotions.
- ❖ Invite them to attend your appointments or diabetes classes.
- ❖ Include them in your new healthy lifestyle.
- ❖ Ask for help when you need it.

* Information from www.diabetes.org

Type 2 Diabetes: Are You at Risk?



The annual **American Diabetes Association Alert Day**, this year held **Tuesday, March 28**, is a chance to sound the alarm about the prevalence of type 2 diabetes. Nine of 10 Americans most at risk for type 2 diabetes don't even know it. Knowing your risk is the first step toward a healthier life. Take 60 seconds to find out if you're at risk by taking the American Diabetes Association Type 2 Diabetes Risk Test at www.diabetes.org/are-you-at-risk/diabetes-risk-test/