

# How Do I Know If I Have Prediabetes?

## What is prediabetes?

People with prediabetes have blood sugar (glucose) levels that are higher than normal but are not yet high enough to be called diabetes. Diabetes means that the sugar levels in your blood are too high.

## What are the symptoms of prediabetes?

Many people with prediabetes do not have any symptoms. If symptoms do occur, they may often be mild. Your healthcare provider can test your blood sugar level to see if you have prediabetes.

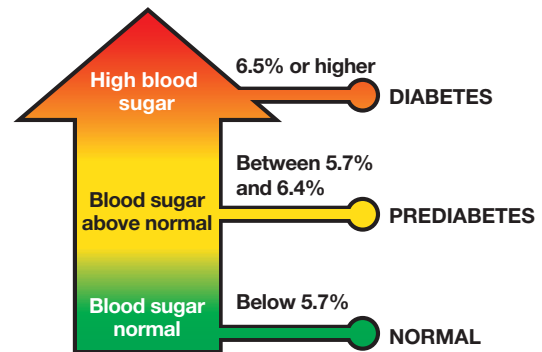
## How is prediabetes diagnosed?

Prediabetes is diagnosed by your provider. Three types of test can be used. Ask your provider which test is right for you. When you have your test(s), write your results on the lines below.

**A1C:** a measure of your average blood sugar level over the last 2 or 3 months.

**Result:** \_\_\_\_\_

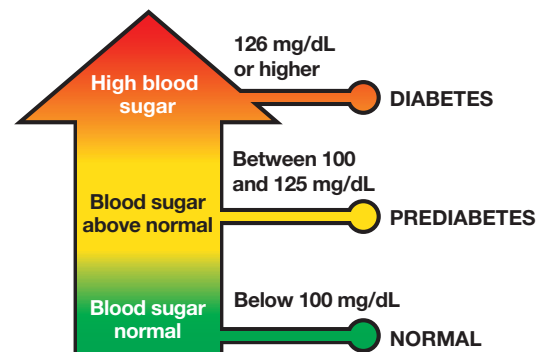
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**Fasting Plasma Glucose:** a measure of your blood sugar level when you have not had anything to eat or drink for the previous 8 hours.

**Result:** \_\_\_\_\_

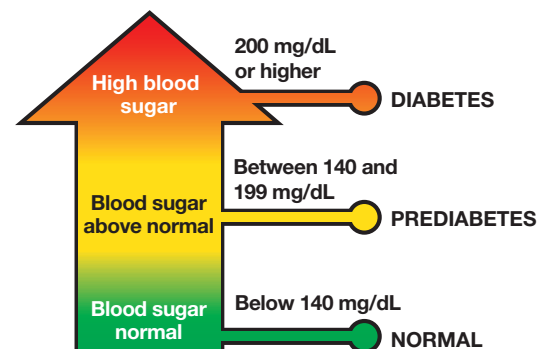
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**Oral Glucose Tolerance Test:** a measure of how your body breaks down and uses sugar. You will drink a special liquid. Then you will have your blood sugar measured 2 hours later.

**Result:** \_\_\_\_\_

**Date:** \_\_\_\_\_



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# Understanding Prediabetes

## Why is prediabetes a problem?

People with prediabetes are more likely to develop type 2 diabetes. This may put them at increased risk for serious long-term health problems, such as:

- Heart disease
- Stroke

## Who is at higher risk for prediabetes?

Some people are more likely to get prediabetes. Check off all risk factors that apply to you:

- Over age 45
- Physical inactivity
- Overweight or obese
- High blood pressure
- Low HDL “good” cholesterol (a type of fat in the blood)
- High triglycerides (another type of fat in the blood)
- A family history of diabetes
- Race/ethnicity
  - African American, Alaskan Native, American Indian, Asian American, Hispanic/Latino, or Pacific Islander American
- For women, a history of gestational diabetes or having a baby who weighed more than 9 pounds at birth

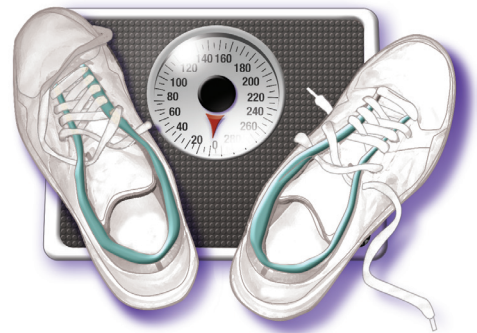


## Can prediabetes be treated?

Yes. If a blood test shows you have prediabetes, there are actions you can take that may help prevent or delay getting type 2 diabetes.

### You can lower your risk for type 2 diabetes by:

- Losing weight
  - Even a small weight loss (between 5 and 10 percent of your current weight) can help
- Getting regular exercise
  - Be sure to talk with your healthcare provider before starting an exercise program



**Talk with your healthcare provider if you have questions about prediabetes.**

