

PREDIABETES

What Is Prediabetes:

Pre-diabetes, also called “impaired glucose tolerance,” is a health condition with no symptoms. It occurs when blood glucose levels are higher than normal yet still too low to qualify for a diabetes diagnosis. Serious health consequences of uncontrolled diabetes can include increased risk for blindness, heart attack, stroke, and amputation. Prediabetes is almost always present before a person is diagnosed with type 2 diabetes-and all the complications that can come with it.

To find out more about your risk, see what characteristics in this list apply to you:

- 45 years or older
- Being overweight / having an increased waist circumferences (men > 40 in / women > 35 in)
- a parent or a sibling with diabetes
- If family background is African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander
- had diabetes when pregnant (gestational diabetes), or gave birth to a baby weighing 9 pounds or more
- physical activity less than three times a week

Subtle Symptoms of Diabetes:

In type 2 diabetes, either the pancreas does not produce enough insulin or the cells aren't able to break down sugar/glucose which can cause high blood glucose levels. Unlike prediabetes, diabetes can have symptoms but, these often go undiagnosed because they seem harmless. The small changes that you might feel could actually be your body trying to let you know that things aren't quite right. One small symptom alone does not necessarily signal a red flag, but a few of these subtle symptoms in combination should certainly prompt you to see your doctor. Ask yourself the following questions:

Are you suddenly feeling much thirstier, hungrier, and losing weight without trying?

- Do you feel more fatigued or weaker than usual? If you've started exercising significantly more, these changes could be expected. But if your diet and exercise patterns have remained stable, discuss these changes with your doctor promptly.
- Are you experiencing blurred vision or recurring skin or gum infections?
- Have you noticed that cuts and bruises take longer to heal? Are you urinating more often or feeling tingling in your hands, feet, or legs?

These, too, may initially seem insignificant. But having any combination of these symptoms should not be ignored.