

### **PRE-DIABETES**

Pre-diabetes is a condition where the body's cells begin to show resistance to insulin. Glucose circulates in the blood instead of being used by the cells for energy. Blood sugar levels become elevated. Increased weight, unhealthy diet and a sedentary lifestyle can lead to pre-diabetes.

### WHAT IS PRE-DIABETES

A diagnosis of pre-diabetes means that the cells in your body are becoming resistant to insulin and your blood glucose levels are higher than they should be. Since the levels aren't as high as they would be if you had Type 2 diabetes, the term "pre-diabetes" is used.

### SYMPTOMS AND TREATMENT OF PREDIABETES

Prediabetes almost always precedes type 2 diabetes. High blood sugar levels are not only linked to type 2 diabetes, but to an increased risk of heart disease and stroke. Prediabetes was formerly referred to as impaired fasting glucose (IFG) i.e 100-120 mg/dl or impaired glucose tolerance (IGT) i.e 140-200 mg/dl. People diagnosed with prediabetes (impaired glucose tolerance) can reduce their risk of developing type 2 diabetes by losing just 5 to 7 percent of their body weight and exercising regularly, according to a clinical study by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).

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