



PREDIABETES: WHAT YOU NEED TO KNOW

If you have been told you have pre-diabetes, this means your blood sugar is higher than it should be which puts you at risk for Type 2 diabetes, as well as heart disease or even a stroke. The good news is that even simple changes may help you get your blood sugar back to normal, delay or prevent Type 2 diabetes, and lower your risk of heart disease or stroke -- but the time to start is now.

CAN TYPE 2 DIABETES BE PREVENTED?

While some risk factors are not within your control, studies show that many people at risk can prevent Type 2 diabetes by:

- ✓ Losing weight (if you are overweight)
- ✓ Being more active
- ✓ Improving the way you eat
- ✓ Taking medications if prescribed by your doctor
- ✓ Quitting smoking

WHAT INCREASES MY RISK FOR TYPE 2 DIABETES?

Being aged 45 or older
Being African American, Hispanic/Latino, Native American, Asian American, or a Pacific Islander
Having a family history of diabetes
Being overweight, particularly in your belly (as opposed to hips, thighs or butt)
Not doing enough physical activity
High blood pressure, low LDL cholesterol or elevated Triglycerides
Smoking
Having gestational diabetes during pregnancy or Polycystic Ovary Syndrome

WHAT ARE THE TESTS THAT SHOW IF I AM AT RISK?

There are several different tests that show if a person is at higher risk of developing Type 2 diabetes which measure blood sugar in different ways. ("Blood glucose" is another name for blood sugar)

- **Fasting glucose test:** This test measures your blood sugar when you have not had anything to eat or drink for (except water) for 8 hours. People with pre-diabetes have a fasting glucose between 100 and 125.
- **Hemoglobin A1C test (also called HbA1C or A1C):** For this test it does not matter whether you eat beforehand. It is a blood test that shows your average blood sugar level for the past 2 to 3 months. People with pre-diabetes have A1C levels between 5.7 and 6.4.

WHAT SHOULD I DO IF I HAVE PRE-DIABETES?

Lose weight

- Losing just 5 - 10% of your body weight can lower your risk by almost 60%
- For example, if you weigh 200 pounds, lose 10 - 20 pounds to lower your risk
- Don't go on a "diet" - diets are short-term. Adopt a healthy eating pattern that you can see yourself following a year from now and beyond.
- **PRO TIP: Get a family member to join you & keep each other motivated.**

Eat right:

- Eat foods that are rich in whole & minimally processed foods like fruits, vegetables, whole grains, lean proteins and healthy fats (like olive oil, nuts, avocado or fatty fish).
- Work towards filling more of your plate with plants - fruits, vegetables, 100% whole grains, and plant-based proteins. They're more filling & have less calories.
- Reduce saturated fats like fatty cuts of meat, full-fat dairy products, and trans-fats found in processed desserts and snack products.
- Stay away from sugar-sweetened beverages like soda, fruit juice or sweetened coffee-drinks.
- **PRO TIP: Buy yourself a new cookbook, start going to the farmer's market, and learn some new healthy recipes that sound tasty to you!**

Get active:

- Regular physical activity is an important part of lowering your diabetes risk. Your muscles use more glucose during physical activity than at rest, which helps keep your levels normal.
- You don't have to hit the gym to have a benefit - walking & gardening count. Aim to get your heart rate up for 30 minutes per day/5 days per week - even if divided into shorter segments.
- Use a fitness tracking device to count your steps or track your activity level & heart rate.
- **PRO TIP: Don't choose workouts you don't like or you won't stick with it for long. Exercise with friends or family, walk by the ocean, surf, hike, ride your bike -- but do something you look forward to and enjoy!**

Quit smoking

If you smoke, ask your doctor or nurse for advice on how to quit. People are much more likely to succeed if they have support and a plan.

Personalized nutrition & lifestyle strategies can allow you to be proactive about your health and address issues such as reaching a healthy weight, digestive disorders, & lifestyle management for chronic disease. Please feel free to reach out if you are interested in working with me to develop a nutrition game plan you can live with.



**Plan for wellness.
Learn to eat right & stay strong.**

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