

What is Pre-Diabetes?

Pre-diabetes is present if your blood glucose levels are higher than the normal range, but not high enough for a diabetes diagnosis. Even during the pre-diabetes stage, long-term damage to your heart and circulatory system can start to occur. Studies show that most people with this condition may develop type 2 diabetes within 8 years.

Who should be tested for pre-diabetes?

- Over 45
 - if you are overweight.
- Under 45
 - if you are overweight
 - have a family history of diabetes
 - high blood pressure or high cholesterol
 - are African-American, Native-American, Hispanic, or Asian.
 - have had gestational diabetes or have given birth to a baby weighing 9 pounds or more.



What blood glucose level indicates pre-diabetes?

Fasting plasma glucose test	Glucose Results
Normal Blood Glucose	70-99 mg/dL
Pre-Diabetes	100-125 mg/dL
Diabetes	126 mg/dL or higher

How is pre-diabetes treated?

The first step is to lose a modest amount of weight such as 5–10 percent of total body weight or at least 10 lbs. Weight loss is recommended through diet and moderate exercise, such as walking for 30 minutes a day, 5 days a week. Consult with your physician about a referral to a Registered Dietitian for appropriate advice.



Can I have pre-diabetes and not know it?

Yes. Often, people with pre-diabetes and diabetes do not have symptoms. Usually the symptoms develop gradually so they may not be recognized. The symptoms include: unusual thirst, frequent urination, blurred vision or a feeling of tiredness for no apparent reason.

How can the Diabetes Association of Greater Cleveland help?

DAGC health educators are available to answer any questions you may have about pre-diabetes. [Free diabetes Risk Assessments](#) are offered at the DAGC offices by appointment every Tuesday morning from 9:30 AM to 11:00 AM. A parent or legal guardian must accompany minor children (under the age of 18) to sign a consent form before a risk assessment can be performed.

Where to learn more?

Visit our website: www.dagc.org and our Aronoff Library and Resource Center, from 10:00 a.m. to 4:00 p.m. Monday through Friday.

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