

Prediabetes: What You Need to Know

Have you or someone you love been diagnosed with prediabetes? Here's what you need to know.

What is prediabetes?

If your blood sugar (glucose) level is higher than normal but not high enough to be classified as diabetes, then you have prediabetes.

Prediabetes is also referred to as impaired fasting glucose (IFG) or impaired glucose tolerance (IGT). It used to be called borderline diabetes.

But I feel fine...

Some people with prediabetes have no symptoms. Others have some of the symptoms of diabetes. Regardless, you can have prediabetes and diabetes for years and not know it.

What impact does prediabetes have on my body?

High blood sugar can silently wreak havoc on your body, harming your eyes, nerves, kidneys and heart. Prediabetes also puts you at greater risk for developing type 2 diabetes, heart disease and stroke.

What can I do about it?

Treating prediabetes and delaying or preventing diabetes is all about controlling your blood sugar.

You can do this by eating a healthful diet and not skipping meals, exercising moderately for at least 30 minutes five days/week, and losing just 5-10% of your body weight.

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Symptoms of Prediabetes/Diabetes

Frequent urination.

Extreme fatigue.

Feeling very thirsty.

Cuts or bruises that are slow to heal.

Feeling very hungry, even when eating.

Tingling, pain or numbness in the hands or feet.

Blurred vision.

(Source: American Diabetes Association)