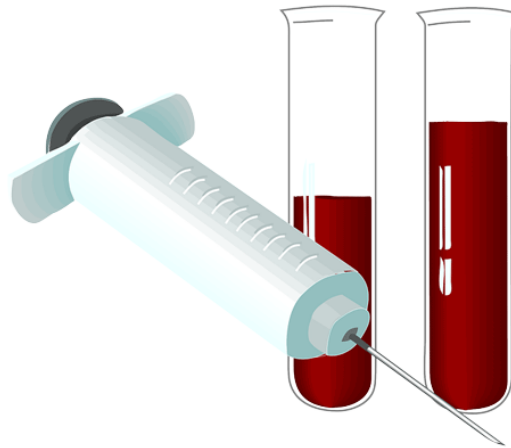


- If you are overweight, losing just 5-10% of your body weight – 10-20 pounds (4.5 – 9kg) will reduce the risk of developing Type 2 Diabetes. There are added benefits to maintaining a healthy weight including a healthier heart, improved energy levels and improved self-esteem.

level checked if you develop increased thirst, frequent urination or fatigue as these symptoms may suggest that you have progressed to Type 2 Diabetes.



For more information about your condition and lifestyle advice please see the link below. If there is anything you would like to discuss please make an appointment to see the Diabetes Nurse.

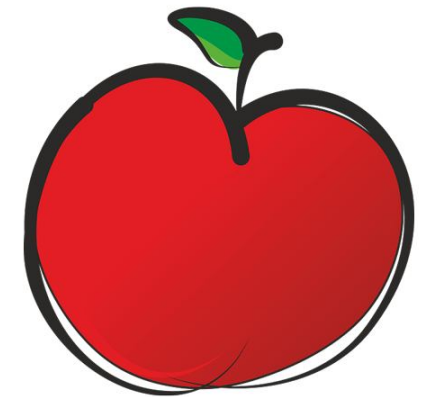
[www.diabetes.co.uk/pre-diabetes.html](http://www.diabetes.co.uk/pre-diabetes.html)

## When to see a doctor or nurse?

You will be called on a yearly basis to have your blood sugar level repeated. If your blood sugar levels remain stable you will continue to be called for yearly monitoring but no further intervention will be required other than to continue living healthy as outlined above. If your blood sugar levels continue to rise or you develop Type 2 Diabetes you will be made an appointment with the Diabetes Nurse to discuss further management options. You should make an earlier appointment to have your blood sugar

# IVY GROVE SURGERY

## Prediabetes



*An information leaflet  
for our patients*

**Tel: 01773 514130**

# PREDIABETES

## Why am I receiving this leaflet?

You have been sent this leaflet as a recent blood test you have had showed that your blood sugar levels are higher than normal but not yet high enough to be classified as Type 2 Diabetes. Type 2 Diabetes is a condition which can have adverse effects on the heart, kidneys, nerves and blood vessels. Without intervention Prediabetes is likely to become Type 2 Diabetes in 10 years or less. The good news is that the progression of Prediabetes to Type 2 Diabetes can be slowed, prevented or even reversed to normal blood sugar levels.

## Why me?

The exact cause of Prediabetes is unknown. What is clear is that people

with Prediabetes aren't processing sugar (glucose) properly anymore. This causes sugar to build up in the bloodstream instead of fuelling muscles and other tissues. When the excess sugar in the blood stream reaches Diabetic levels this can lead to damage to the body as mentioned above. You are at a higher risk of developing Prediabetes if you are overweight, have a large waist circumference, lead a sedentary lifestyle, are over the age of 45, have a family history of Type 2 Diabetes, had gestational diabetes or have polycystic ovarian syndrome.



## What can I do about it?

The most important thing you can do is to make healthy lifestyle changes – such as eating healthy foods, including physical exercise in your daily routine and maintain a healthy weight:

- Eating healthy foods – Choose foods low in fat and calories and high in fibre. Focus on fruits, vegetables and whole grains. Strive for variety to help you achieve your goals without compromising taste or nutrition
- Getting more physical activity – Aim for 30-60 minutes of physical exercise most days of the week. Try not to let 2 days go by without doing some exercise. This may include a brisk walk, swimming or riding a bike. If you can't manage the lengths of time suggested you can break it up into smaller sessions throughout the day.