



Let's talk about Prediabetes and Diabetes

Signs and Symptoms of Diabetes

Being diagnosed with prediabetes or diabetes is the first step toward a healthier future. With the right support and tools, you can manage it and live a long, vibrant life. This diagnosis doesn't define you—let it empower you to take control and thrive.

- **Increased Thirst and Frequent Urination:**
High glucose (blood sugar) levels cause excess glucose to be excreted in urine, leading to dehydration and increased thirst.
- **Extreme Hunger:**
Despite eating, the body's cells are not receiving glucose (blood sugar), which your body needs for energy, leading to increased hunger.
- **Unintentional Weight Loss:**
The body starts burning fat and muscle for energy when it can't use glucose (blood sugar) properly.
- **Fatigue:**
Lack of glucose (blood sugar) in cells can make you feel tired and weak.
- **Blurred Vision:**
High glucose (blood sugar) levels can cause the lenses in your eyes to swell, affecting vision.
- **Dry Mouth and Itchy Skin:**
Dehydration from frequent urination can cause dry mouth and skin.

If you are experiencing any of the symptoms above, speak to your healthcare provider and asked to be screened for diabetes.



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Screening Tests for Diabetes

There are simple blood tests that your healthcare provider can order for you.

Here are a few.



Hemoglobin A1c (HbA1c):

Reflects average blood sugar levels over the past 2-3 months. Levels of 5.7-6.4% indicate prediabetes; 6.5% or higher indicates diabetes.



Fasting Plasma Glucose (FPG):

Measures blood sugar after an overnight fast. Levels of 100-125 mg/dL indicate prediabetes; 126 mg/dL or higher indicates diabetes.



Oral Glucose Tolerance Test (OGTT):

Measures blood sugar before and after drinking a sugary drink. Levels of 140-199 mg/dL indicate prediabetes; 200 mg/dL or higher indicates diabetes.



Continuous Glucose Monitoring (CGM):

Provides real-time blood sugar readings throughout the day and night.



Additional Tests:

Urine tests for ketones, blood tests for insulin and C-peptide levels, and tests for autoantibodies in type 1 diabetes.





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Early Steps to Reversing Prediabetes

Lifestyle Changes: Simply put, it's about taking better care of yourself. That means making healthier choices around what you eat, how active you are, how you manage stress, how much you sleep, and habits like smoking or drinking.

- **Healthy Diet:**
Focus on a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Avoid processed foods and sugary drinks. Consider learning more about plant-based nutrition and the benefits this eating plan has on our bodies.
- **Regular Exercise:**
Aim for at least 150 minutes of moderate-intensity exercise per week, such as walking, biking, or swimming. Always speak to your healthcare provider before engaging in any new physical activity to make sure it is safe for you.
- **Weight Loss:**
Losing even a small amount of weight (5-10% of body weight) can significantly improve blood sugar levels and reverse prediabetes.
- **Quit Smoking:**
Smoking increases the risk of diabetes and other health complications.
- **Manage Stress:**
Practice stress-reducing techniques like meditation, yoga, or deep breathing exercises.
- **Regular Monitoring:**
Keep track of your blood sugar levels and consult with your healthcare provider regularly.

Feel free to share this with anyone who might benefit!