

six signs of prediabetes

What are they, and how can you prevent further risk?

Prediabetes is when your blood sugar level is higher than usual yet not high enough to be diagnosed as diabetes. If you have been diagnosed with prediabetes—also called impaired fasting glucose or impaired glucose tolerance—the long-term consequences could take a toll on your health. The good news: With lifestyle changes, you can lower your chances of becoming diabetic.

The Signs

- **Elevated A1C blood test**
The higher the percentage, the higher your blood sugar levels are.
Normal: 5.7% or below
Prediabetes: 5.7% to 6.4%
Diabetes: above 6.5%
- **Always thirsty**
- **Blurry vision**
- **Frequent urination**
- **Insatiable hunger**
- **Overwhelming exhaustion**

Reversing Prediabetes

How can you stop the progression toward diabetes?



EAT MORE PLANTS

Increase your intake of whole, plant-based foods, including vegetables, legumes and nuts. High-fiber diets aid in metabolizing blood sugar and feed your microbiome for good gut health.



GET MOVING

Doctors recommend 30 minutes of movement five days a week. Walking, swimming, biking, weight training and aerobics are great examples of moderate exercises that get your heart pumping.



CUT STRESSORS

Reducing tension cuts down levels of catecholamine—a substance stored in your brain, nerves and adrenal glands that can interfere with glucose metabolism.



MONITOR FOOD INTAKE

Adopt an eating plan that puts less stress on your metabolism. Avoid processed foods, soda, sweetened coffee, fried food and sugar-laced sweets. Our team of physicians and nutritionists is here to help if you need advice on making lifestyle changes to stay healthy.