

# Prediabetes

Frequently Asked

## Questions



### **Q: What is prediabetes?**

Prediabetes is a condition people get before they are diagnosed with diabetes. Prediabetes is characterized by blood sugar levels that are higher than normal but not yet high enough to be diagnosed as diabetes.

### **Q: Is prediabetes common?**

About 86 million American adults—more than 1 out of 3—have prediabetes.

### **Q: How can I tell if I have prediabetes?**

Only a doctor can determine if you have prediabetes. A simple blood test will determine if you are at risk. Contact your doctor today to learn more. You can find out if you're at risk for prediabetes by taking the online risk test at [www.doihaveprediabetes.org](http://www.doihaveprediabetes.org).

### **Q: Why do I need to know if I have prediabetes?**

When action is taken early enough, diabetes can be prevented. Studies have shown that simple lifestyle changes including modest weight loss and increased physical activity can help people with prediabetes prevent or delay the development of type 2 diabetes by up to 58%.

### **Q: Who is at risk for prediabetes?**

If you fall into three or more of the following categories, you may be at risk for prediabetes or diabetes

- Blood pressure of 140/90 or higher
- Above-normal cholesterol levels
- Inactive lifestyle (exercising less than 2x/week)
- Family history of diabetes
- History of gestational diabetes
- Obesity (BMI  $\geq$  25 kg/m<sup>2</sup>)
- Aged 45 years or older

### ***Q: Could I have prediabetes and not know it?***

Yes. It is estimated that 9 out of 10 people with prediabetes do not know they have it. People with prediabetes often don't have or notice any symptoms. It is important for those at risk to regularly monitor their health with their doctor and seek lifestyle changes to maintain health.

### ***Q: What are the symptoms of prediabetes?***

Often there are no symptoms associated with prediabetes. Possible symptoms of prediabetes include unusual thirst, a frequent desire to urinate, blurred vision, or fatigue.

### ***Q: Is there any way to reverse prediabetes?***

Yes! The good news is that prediabetes can be reversed. The sooner a person is diagnosed and takes action, the more likely they'll be able to reverse it and prevent or delay type 2 diabetes.

### ***Q: Why should I be concerned if I have prediabetes?***

When a person has prediabetes, they're on the path to developing type 2 diabetes, and are also at increased risk for serious health problems such as stroke and heart attack.

### ***Q: What can I do if I find out I have prediabetes?***

There are prediabetes classes available throughout Utah that can help you make healthy lifestyle changes and lower your risk for developing type 2 diabetes. Visit [www.livingwell.utah.gov](http://www.livingwell.utah.gov) today and search for the **National Diabetes Prevention Program!**