LIVING WITH PREDIABETES

In the US, 37% of adults 20 and older have prediabetes, with that number increasing to 51% after age 65.

Prediabetes is a condition where a patient's blood sugar levels are higher than normal, but not high enough to be considered diabetes. This increases the risk of developing type 2 diabetes, heart disease, or even stroke. While type 2 diabetes is always a result of prediabetes, that doesn't mean a patient with the condition will develop diabetes.

In many cases, this condition is reversible. The right treatments and lifestyle changes can help reverse and prevent prediabetes.

01 | Symptoms
Though prediabetes and diabetes are separate conditions, most patients experience an overlap of symptoms:

- Urinating often
- Feeling thirsty or hungry
- Extreme fatigue
- Cuts and bruises that heal slowly
- Tingling, pain, or numbness in hands and feet

Not all patients may experience these symptoms, but they are all warning signs of either prediabetes or diabetes.

02 | Prediabetes vs. Type 2 Diabetes
While there are some similarities, the differences between prediabetes and type 2 diabetes are key to their specific treatments.

Prediabetes
As a precursor to diabetes, A1C levels for patients with this condition sit within 5.7-6.4%. Prediabetes can be reversed before it becomes type 2 diabetes with the right treatment.

Type 2 Diabetes
This lifelong chronic condition is diagnosed once A1C levels reach above 6.4%. Though patients with type 2 diabetes can go into remission, consistent monitoring and treatment are still needed to maintain lower A1C levels.

03 | Treatment
Treatment for prediabetes focuses on bringing the A1C levels back down to a normal level — under 5.7%. This can be done with medication and/or lifestyle changes, like diet and exercise.

Though prediabetes is reversible, it's recommended that patients who are or were diagnosed with this condition work with their doctor to adjust their lifestyle to fit their needs. Whether that includes medication, weight loss, or lifestyle changes depends on the patient's needs.

For more information on prediabetes, please visit the American Diabetes Association.

Did You Know?
Patients with prediabetes have a 5-10% chance of developing type 2 diabetes within a year.

References

Overview of Prediabetes: American Diabetes Association

Prediabetes vs. Type 2 Diabetes: American Diabetes Association

Symptoms for Prediabetes: American Diabetes Association

Prediabetes Diagnosis & Treatment: Mayo Clinic

Prediabetes Statistics: NIH PubMed Central

Diagnosis Guidelines for Prediabetes: American Medical Association

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