

Pre-Diabetes and Diabetes

Pre-diabetes and Type II Diabetes used to occur when people were in their 60s or older, when they let themselves go, quit being as active and ate unhealthy. Now it is occurring in children due to our poor eating habits and lack of activity in our lives early on. Type II Diabetes is a chronic condition that affects the way your body metabolizes sugar (glucose)-your body's main source of fuel. When you have Type II Diabetes your body is resistant to the effects of insulin- a hormone in our bodies that regulates the movement of sugar into our cells. Or our bodies don't produce enough insulin to maintain a normal glucose level.

What is Pre-Diabetes?

In pre-diabetes, blood sugar levels are higher than normal but not high enough for a diagnosis of diabetes. Many people with pre-diabetes develop Type II Diabetes within 10 years or less.

How Do You Diagnose Pre-Diabetes and Type II Diabetes?

Diagnosis is by a simple blood test. If on 2 occasions your fasting blood sugar (measured by a blood test) is 126 or greater you have diabetes.

If your fasting blood sugar is between 100-125 you have pre-diabetes or impaired fasting glucose.

There are other lab tests available to determine if you have diabetes; but, the fasting blood sugar remains the gold standard.

FBG (Fasting Blood Sugar)	≥ 126	Diabetes
FBG (Fasting Blood Sugar)	100-125	Pre-Diabetes

What are the Symptoms of Type II Diabetes?

For questions or additional information you may call our Cardio Wellness Center at 816-751-8520.

www.cardiowellnesscenter.org

Early in the process (pre-diabetes or Type II Diabetes) when the blood sugar is in the 120s-130s you most likely will not have symptoms. That is why it is important to know your fasting blood sugar numbers. However, if it goes untreated symptoms include:

- **Increase need to urinate**
- **Often feeling hungry or thirsty**
- **Weight Loss**
- **Blurred Vision**
- **Tingling/Numbness in hands or feet**
- **Slow-healing sores**
- **Infections**

These signs and symptoms are caused by high blood sugar. In time they can lead to much more serious health problems. Which include heart disease, stroke, high blood pressure, kidney damage and need for dialysis, eye problems leading to blindness and nerve damage which can lead to amputation. But, if you manage your blood sugar now, you may reduce your risk of having these health issues.

How do I Prevent Diabetes or Gain Better Control of my Diabetes?

- **Eat healthy-see our nutrition/diet section**
 - Avoid Simple Carbs
 - Avoid Simple Sugars
- **Be More Active**
 - Walk instead of drive
 - Rake the leaves
 - Take the stairs instead of the elevator
 - Park further away
 - Work in the garden
 - Get 30 minutes of aerobic activity daily
- **Get to and Maintain Your Ideal Weight**
- **Assess Your Eyes Regularly**
 - Complete yearly eye exams
- **Assess Your Feet Daily**
 - Look for sores or discoloration
 - Avoid going barefoot
- **Take Your Medications as recommended**
- **Follow up with your Health Care Provider**
 - Regularly to assess your control of your diabetes