

Dryden Family Medicine, LLC
PO Box 8, 5 Evergreen Street
Dryden, New York 13053
Nationally Certified Patient Centered Medical Home
Nationally Certified in Diabetes Care
(607) 844-8181, fax (607) 844-4288
www.drydenfamilymedicine.com

The Surprising Truth About Prediabetes



It's real. It's common. And most importantly, it's reversible. You can prevent or delay prediabetes from developing into type 2 diabetes with simple, proven lifestyle changes.

Amazing but true: approximately 84 million American adults—more than 1 out of 3—have [prediabetes](#). What's more, 90% of people with prediabetes don't know they have it. Could this be you? Read on to find out the facts and what you can do to stay healthy.

Prediabetes Is a Big Deal

Don't let the "pre" fool you—prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as diabetes. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease, and stroke.

Prediabetes Flies Under the Radar

You can have prediabetes for years but have no clear symptoms, so it often goes undetected until serious health problems show up. That's why it's important to talk to your doctor about getting your blood sugar tested if you have any of the risk factors for prediabetes, which include:

- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes
- Being physically active less than 3 times a week
- Ever having gestational diabetes (diabetes during pregnancy) or giving birth to a baby that weighed more than 9 pounds

Race and ethnicity are also a factor: African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at higher risk.

Ready to find out *your* risk? Take the quiz at DoIHavePrediabetes.org and be sure to share the results with your doctor.

Recipe for prevention: healthy eating and physical activity.

Diabetes Is Harder to Live with Than Prediabetes

Though people with prediabetes are already at a higher risk of heart disease and stroke, they don't yet have to manage the serious health problems that come with [diabetes](#).

Diabetes affects every major organ in the body. People with diabetes often develop major [complications](#), such as kidney failure, blindness, and nerve damage (nerve damage can lead to amputation of a toe, foot, or leg). Some studies suggest

that diabetes doubles the risk of depression, and that risk increases as more diabetes-related health problems develop. All can sharply reduce quality of life.

Prediabetes = Prevent diabetes

Think of prediabetes as a fork in the road: Ignore it, and your risk for type 2 diabetes goes up. Lose a modest amount of weight and get regular physical activity, and your risk goes down. Modest weight loss means 5% to 7% of body weight, just 10 to 14 pounds for a 200-pound person. Regular physical activity means getting at least 150 minutes a week of brisk walking or similar activity. That's just 30 minutes a day, five days a week.

The CDC-led [National Diabetes Prevention Program](#) has been proven to help people make the lifestyle changes needed to prevent or delay type 2 diabetes. Through the program, participants:

- Work with a trained coach to make lasting lifestyle changes.
- Discover how to eat healthy and add more physical activity into their day.
- Find out how to manage stress, stay motivated, and solve problems that can slow progress.

If you're told you have prediabetes, ask your doctor or nurse if there is a National Diabetes Prevention Program offered in your community. The best time to prevent type 2 diabetes is now.

More Information

- [CDC's Division of Diabetes Translation](https://www.cdc.gov/diabetes/home/index.html) <https://www.cdc.gov/diabetes/home/index.html>
- Take the quiz: [DoIHavePrediabetes.org](http://www.doihavediabetes.org/) <http://www.doihavediabetes.org/>
- [Watch the videos: National Prediabetes Awareness Campaign](https://www.youtube.com/watch?v=W17Q-YJSS_w) https://www.youtube.com/watch?v=W17Q-YJSS_w
- [About Prediabetes](https://www.cdc.gov/diabetes/basics/prediabetes.html) <https://www.cdc.gov/diabetes/basics/prediabetes.html>
- [Type 2 Diabetes: All in the Family?](https://www.cdc.gov/diabetes/library/spotlights/diabetes-family-history.html) <https://www.cdc.gov/diabetes/library/spotlights/diabetes-family-history.html>
- [CDC Diabetes on Facebook](https://www.facebook.com/cdcdiabetes/) <https://www.facebook.com/cdcdiabetes/>
- [@CDCDiabetes on Twitter](https://twitter.com/cdcdiabetes) <https://twitter.com/cdcdiabetes>

Diabetes Prevention Classes to be held at Dryden Family Medicine on Thursdays at 5:30 PM

For more information Contact:



Nancy J Peckenpaugh

MSEd, RDN, CDN, CDE, BC-ADM

1216 Trumansburg Road

Ithaca, NY 14850

Phone 607-272-1297

www.LifetimeNutrition.net