

# Prediabetes

## What does it mean to be "prediabetic"?

Your blood sugar is higher than it should be, **but not high enough for your doctor to diagnose diabetes.**

The risk of developing type 2 diabetes in the coming years much higher than the average person

## What causes pre-diabetes?

The cause of prediabetes is unclear but can include one or more than one of the following:

Genetics

lack of exercise / physical activity

family history of diabetes

being overweight

a poor diet

## What are symptoms of prediabetes?

- Increased thirst.
- Frequent urination.
- Excess hunger.
- Fatigue.
- Blurred vision.

## How is it measured?

blood tests, specifically your hemoglobin A1c value also referred to as "HbA1c" or "A1c"

## What is HbA1c?

a value that is given in a percent representing how much glucose is sticking to the hemoglobin

we don't want this number to be high, the higher it goes the closer you are to being diabetic

## What can you do if you have prediabetes?

There is a strong chance you can prevent or at least delay the diagnosis of diabetes.

Changes in diet and exercise in order to manage weight have been proven to make a significant impact. Additionally, being more active and in some cases taking medication can also help.