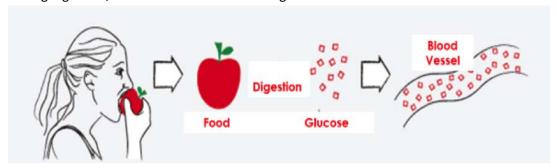
## **Prediabetes & Diabetes Overview**

#### What is Prediabetes?

- Prediabetes is a health condition where your blood sugar level is higher than normal but not high enough to be Type 2 Diabetes.
- With lifestyle changes, it is possible to prevent your condition from becoming Type 2 Diabetes.

#### What is Diabetes?

- Diabetes is a type of disease where the body cannot control the amount of sugar in the blood.
- When you have this condition, your body does not use insulin correctly or does not make enough insulin.
- During digestion, food is broken down into sugar which then enters the blood



Food is eaten

Food is broken down into sugar called glucose

Glucose enters the bloodstream

# **Diabetes Symptoms**

- Urinating a lot
- Very thirsty
- Very hungry
- Unusual weight loss
- Feeling more tired than usual
- Irritability
- Blurry vision
- Long time to heal skin sores

## Who is more likely to get diabetes?

## Individuals who are:







Overweight



Certain races/ethnicities (risk is high among South Asians, Hispanics, and African Americans)



Have a family history of diabetes (father, mother, sister, brother)



Women who had diabetes during pregnancy (gestational diabetes)

# What is Hemoglobin A1c?

- A value that can be found through a blood test that your doctor orders during a routine exam
- Shows the average amount of sugar in your blood over the last 2-3 months
- A1c Goal:

o for people with diabetes: below 7

o for people with prediabetes: below 6.4

#### **ABCs of Diabetes Control**

Know your A1c, Blood Pressure, and Cholesterol levels to manage your health.

| A is for A1c  | B is for Blood Pressure  | C is for Cholesterol   |
|---|--|--|
| -A1c is the average<br>amount of glucose in your blood<br>over the last 2-3 months  | -Blood pressure is the pressure<br>of the blood pushing against the<br>wall of your blood vessels            | -Cholesterol is a fatty substance in your blood that could build up in the walls of your blood vessels                     |
| <ul> <li>-A1c Goal:</li> <li>For people with diabetes: below 7</li> <li>For people with prediabetes: below 6.4</li> </ul> | -Blood Pressure Goal:  • For people with diabetes: below 130/80  • For people with prediabetes: below 120/80 | -People with diabetes typically have higher cholesterol  -Speak to your doctor about what your cholesterol goals should be |

## **Developing Healthier Lifestyle Habits**

• Eat Healthier

A healthy diet is important to prevent or manage diabetes.

- o Controls weight
- Lowers blood sugar

#### Key tips:

- o Eat more vegetables!
- o Eat less sugar and fried foods
- o Eat less white rice and roti these have lots of sugar!
- Increase your physical activity

Regular exercise is important to prevent or manage diabetes:

- Lowers blood sugar
- o Control weight
- o Improves mood
- Gives you more energy
- Increase your physical activity: it is recommended to get 150 minutes exercise in a week! Helping each other
- Consider partnering up with a friend or family member who can help you live healthier!
- Ask a family member or buddy to help you become more healthy
- People who exercise with a buddy are likely to exercise more

Prediabetes and Diabetes Overview English Translation Date: January 2019