

Pre-Diabetes: Your Window of Opportunity for Intervention

What is Pre-Diabetes?

Pre-diabetes is a condition in which your blood sugar levels are higher than normal, but not high enough to be diagnosed with type 2 diabetes. Without lifestyle changes, most people with pre-diabetes will eventually develop type 2 diabetes.



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by Mark Irving Lovell

★★★★★ 5 out of 5

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Symptoms of Pre-Diabetes

Most people with pre-diabetes do not have any symptoms. However, some people may experience:

- Increased thirst
- Frequent urination
- Blurred vision

- Fatigue
- Unexplained weight loss

Risk Factors for Pre-Diabetes

Anyone can develop pre-diabetes, but some people are at higher risk, including:

- People who are overweight or obese
- People who have a family history of diabetes
- People who are physically inactive
- People who have high blood pressure
- People who have high cholesterol
- Women who have had gestational diabetes

Complications of Pre-Diabetes

Pre-diabetes can lead to a number of serious health problems, including:

- Type 2 diabetes
- Heart disease
- Stroke
- Kidney disease
- Eye damage
- Nerve damage

Reversing Pre-Diabetes

The good news is that pre-diabetes is reversible. With lifestyle changes, you can lower your blood sugar levels and reduce your risk of developing type 2 diabetes and other health problems.

The key to reversing pre-diabetes is to make lasting lifestyle changes. These changes include:

- Losing weight
- Eating a healthy diet
- Getting regular exercise

If you have pre-diabetes, talk to your doctor about a plan to help you make these lifestyle changes. With commitment and hard work, you can reverse pre-diabetes and improve your overall health.

Pre-diabetes is a serious condition, but it is reversible. With lifestyle changes, you can lower your blood sugar levels and reduce your risk of developing type 2 diabetes and other health problems. Talk to your doctor about a plan to help you make these changes.



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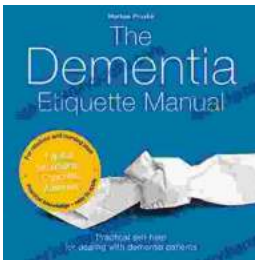
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