

## **Pre-Diabetes:**

Pre-Diabetes is a condition where one has fasting blood sugar levels above normal (blood sugar between 100-125 mg/dl) but the blood sugar levels are not high enough to diagnose diabetes (fasting blood sugar above 126 mg/dl). Pre-Diabetes was previously called impaired glucose tolerance or impaired fasting glucose. Those with Pre-Diabetes are at greater risk for developing Type 2 Diabetes, but there are preventative measures including weight loss, increased physical activity, and eating right.

## **Diabetes Prevention Program:**

The Diabetes Prevention Program (DPP) has recently found that those with Pre-Diabetes can make simple lifestyle changes to reduce risk for diabetes later in life. The DPP found that subjects with Pre-Diabetes experienced a 58% reduction of risk for Type 2 diabetes when they:

- lost a modest amount of weight (5-7% of their body weight),
- exercised at moderate intensity for an average of 30 minutes a day, five days per week (most chose to walk for exercise), and
- lowered their intake of fat and calories.

Those following the lifestyle changes were able to reduce their risk even more so than those taking medications to lower blood sugar. These preventative measures can "turn back the clock" and return elevated blood sugar to normal levels.

## **Blood Sugar Recommendations:**

Normalizing blood sugar is the main goal. Strive to get blood sugar close to that of a healthy person who does not have diabetes.

The goal of blood sugar depends on when you are testing - before a meal (pre-prandial), after a meal (post-prandial), prior to going to bed. Each organization below provides guidelines for a variety of blood sugar testing times.

The American Diabetes Association acknowledges these as normal blood sugar for healthy people who do not have diabetes:

- fasting/before eating < 100 mg/dl
- bedtime 120 mg/dl
- A1c blood sugar test (3 month blood sugar indicator) <6%

The American Diabetes Association recommends the following blood sugar goals for those with diabetes:

- before eating (pre-prandial plasma glucose) 90-130 mg/dl
- 1-2 hours after the beginning of eating (peak post-prandial plasma glucose) <180 mg/dl
- A1c blood sugar test (3 month blood sugar indicator) <7%

The American Association of Clinical Endocrinologists (endocrinologists are medical doctors specializing in disorders including diabetes) recommends the following blood sugar goals for those with diabetes:

- before eating (pre-prandial) 110 mg/dl
- 2 hours after eating (post-prandial) 140 mg/dl
- A1c blood sugar test (3 month blood sugar indicator) <6.5%

Each person may have different goals for treating their diabetes. It is important to discuss blood sugar control goals with your diabetes educator or doctor so you know what to personally try to achieve.