PREDIABETES IS A BIG DEAL

DIABETES AND NUTRITION CENTER
Partners for a lifetime of health

UNDERSTAND THE FACTS

Fact #1

- 86 million Americans has prediabetes
- 1 out of 3 have prediabetes
- 9 out of 10 do not know they have it
- 35.9% of Missourians have prediabetes

= **4,703,796 Missourians with prediabetes**

Fact #2

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to diagnose you with diabetes.

Fact #3

Prediabetes put you at increased risk of type 2 diabetes, heart disease and stroke.

PREDIABETES = PREVENTDIABTEES

15—30 % of people with prediabetes will develop type 2 diabetes within 5 years if there is no intervention

It is important to talk to your doctor now about getting your blood sugar tested. Many times there are no clear symptoms, until serious health problems show up.

Risk factors for developing prediabetes includes:

- Overweight
- Being over the age of 45
- Having a parent, brother, or sister with Type 2 diabetes
- Physical inactivity
- Gestational diabetes

Prediabetes is the fork in the road: Ignore it, and your risk for type 2 diabetes goes up.

Research shows structured lifestyle interventions can cut the risk of diabetes in 1/2.

DIABETES IS HARDER TO LIVE WITH THAN PREDIABETES

While individuals with prediabetes are higher risk for heart disease and stroke, they are not yet managing 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.

- About 90—95% of people with diabetes have type 2; about 5% have type 1
- Type 1 is caused by an immune reaction and can't yet be prevented; type 2 diabetes can be prevented or delayed through lifestyle change.
- Type 1 often starts quickly and has severe symptoms
- Type 2 is a gradual disease that develops over many years
- Prediabetes can develop into Type 2 diabetes, but not Type 1

UNDERSTAND THE MYTHS

Myth # 1

Diabetes run in my family, I can't do anything about it.

Lifestyle can trump genes. Type 2 can be prevented or delayed with lifestyle changes to promote modest weight loss and increasing physical activity.

Myth # 2

It is just prediabetes. Once I am diagnosed with diabetes I will make changes, because that is where the real risk starts.

Prediabetes IS a serious health condition and can increase your risk for other health problems.

Myth #3

I cannot have Type 2 or prediabetes because I'm not overweight and I do not eat sweets.

While there are specific risk factors for developing prediabetes such as overweight and physical inactivity. Diabetes may not always have symptoms that are visible.

WHAT CAN I DO TO REVERSE MY RISK OF TYPE 2 DIABETES?

People with prediabetes who take part in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old). This finding was the result of the program helping people lose 5% to 7% of their body weight through healthier eating and 150 minutes of physical activity a week. For a person who weighs 200 pounds, losing 5% to 7% of their body weight means losing just 10 to 14 pounds. It doesn't take a drastic weight loss to make a big impact.

If you want to identify your risk factors for developing Type 2 please ask your nurse for a Prediabetes Risk Screener or visit our website at:

https://www.nemohealthcouncil.com/diabetes-and-nutrition-center

PREVENT T2: DIABETES PREVENTION PROGRAM

If you believe you are ready to take reverse your risk of developing Type 2 Diabetes then it is time to consider our CDC—recognized Prevent T2 Diabetes Prevention Program.

This program features:

- A trained lifestyle coach
- CDC approved curriculum
- Group support
- 16 weekly meetings
- 6 monthly follow-up meetings

Call the Diabetes and Nutrition Center for more information:

660-627-4493 ext: 28

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