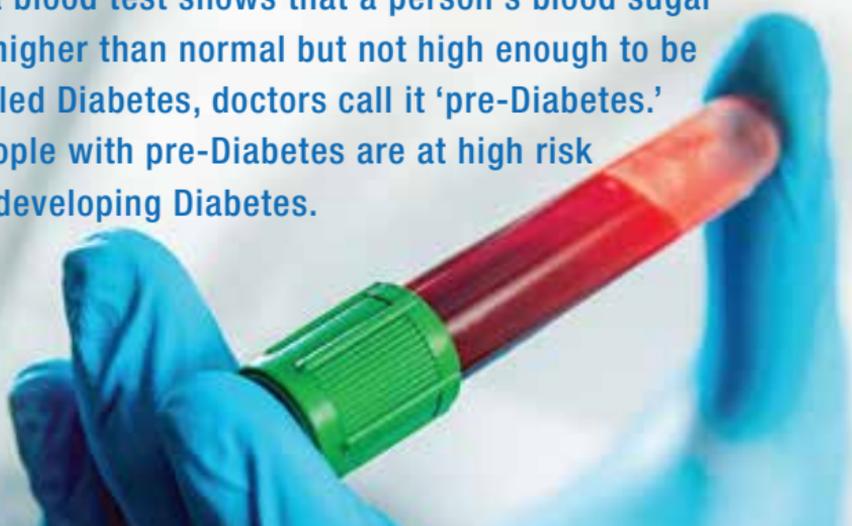


If a blood test shows that a person's blood sugar is higher than normal but not high enough to be called Diabetes, doctors call it 'pre-Diabetes.' People with pre-Diabetes are at high risk of developing Diabetes.



Could you have pre-Diabetes?

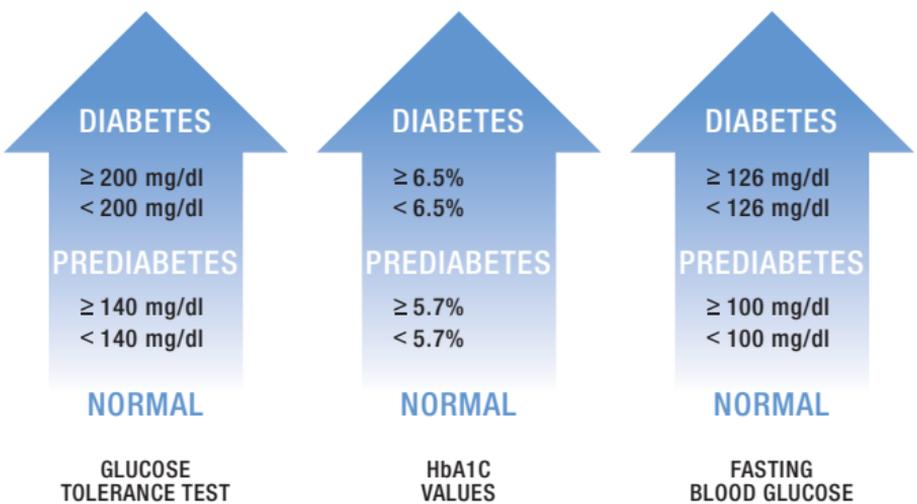
Your chances of having pre-Diabetes go up if you:

- Are overweight or obese, especially if you carry your extra weight in your belly (as opposed to in your hips, thighs, and butt). In Indians, a BMI (body mass index) > 23 and a waist measurement of more than 90 cm (35 inches) indicates an increased risk of developing type 2 diabetes. (In type 2 Diabetes, your body doesn't use insulin properly to keep blood sugar levels normal. This can lead to serious complications)
- Are physically inactive
- Smoke regularly
- Have a parent, brother, or sister with Diabetes
- Are having Diabetes during pregnancy, called 'gestational Diabetes' (if you are a woman)
- Have high blood pressure or if you take medicine of high blood pressure
- Have low HDL cholesterol and/or high triglycerides (Triglycerides are a type of fat (lipid) in your blood. High levels of triglycerides can increase your risk of heart disease)
- Are a woman diagnosed with polycystic ovary syndrome (PCOS)

Are there tests that can find people who are at risk?

There are three different tests that can help doctors tell whether you are at risk for developing type 2 Diabetes. All three tests measure blood sugar in different ways.

- i. **Haemoglobin A1C test** (also called HbA1C or A1C) - For this test it does not matter whether you eat beforehand. It is a blood test that shows what your average blood sugar level has been for the past two to three months. People with pre-Diabetes have A1C levels between 5.7 and 6.4.
- ii. **Fasting blood glucose test** - People with pre-Diabetes have a fasting blood glucose level between 100 and 125 mg/dL.
- iii. **Glucose tolerance test** - The test measures blood glucose after taking a sugary drink. People with pre-Diabetes have glucose tolerance results between 140 and 199.



What should you do if you have pre-Diabetes?

You can prevent or delay type 2 Diabetes from developing by:

- **Losing weight** - Losing 5 to 10 percent of your body weight can lower your risk a lot. So if you weigh 90 kg, losing 7 kg can help you a lot
- **Eating right** - Choose a diet rich in fruits, vegetables and low-fat dairy products, but low in meats, sweets and refined grains. Stay away from sweet drinks like soda and juice
Meet our expert dietitian to develop your personal diet plan
- **Be active for 30 minutes a day** - You don't have to go to the gym or break a sweat to get the benefit. Walking, gardening and dancing are all activities that can help
- **Quit smoking** - If you smoke, ask your doctor or nurse for advice on how to quit. People are far more likely to succeed if they have help and get medicines to help them quit
- **Take your medicines** - If your doctor has prescribed any medicines, take them regularly as directed. The medicines include drugs to prevent Diabetes, to lower blood pressure or cholesterol



Are there any medicines to treat pre-Diabetes?

- If you're at very high risk for Diabetes, your doctor might give you a medicine to help prevent or delay Diabetes
- For most people, eating less, being more active, and losing weight works better than taking medicines

How often should you be checked for pre-Diabetes?

If you have been told you have pre-Diabetes, have your blood glucose levels checked every year. But your doctor may want to check your glucose levels more often, especially if you're taking a medicine for pre-Diabetes.



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