

PRE-DIABETES

In this booklet, when we talk about blood sugar (glucose), we mean the kind of sugar found inside our body. Blood sugar is the fuel that gives us energy to move, work, hunt, run, etc.

WHAT IS PRE-DIABETES?

PRE-diabetes is when your **blood sugar is higher than normal**. It is not quite high enough to be called diabetes, but it is getting close.

The best way to know your blood sugar level is to do a blood test at the clinic.

**FASTING
GLUCOSE
CLINIC TEST**

**2 HOURS AFTER
DRINKING A SWEET DRINK
CLINIC TEST**

ABOVE 7

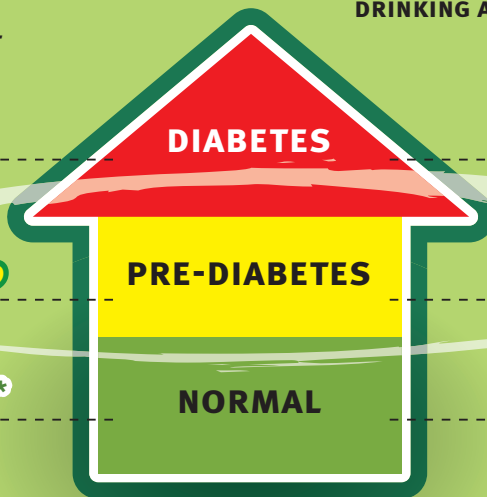
ABOVE 11.1

**BETWEEN
6.1 AND 6.9**

**BETWEEN
7.8 AND 11.0**

BELOW 6.0*

BELOW 7.7

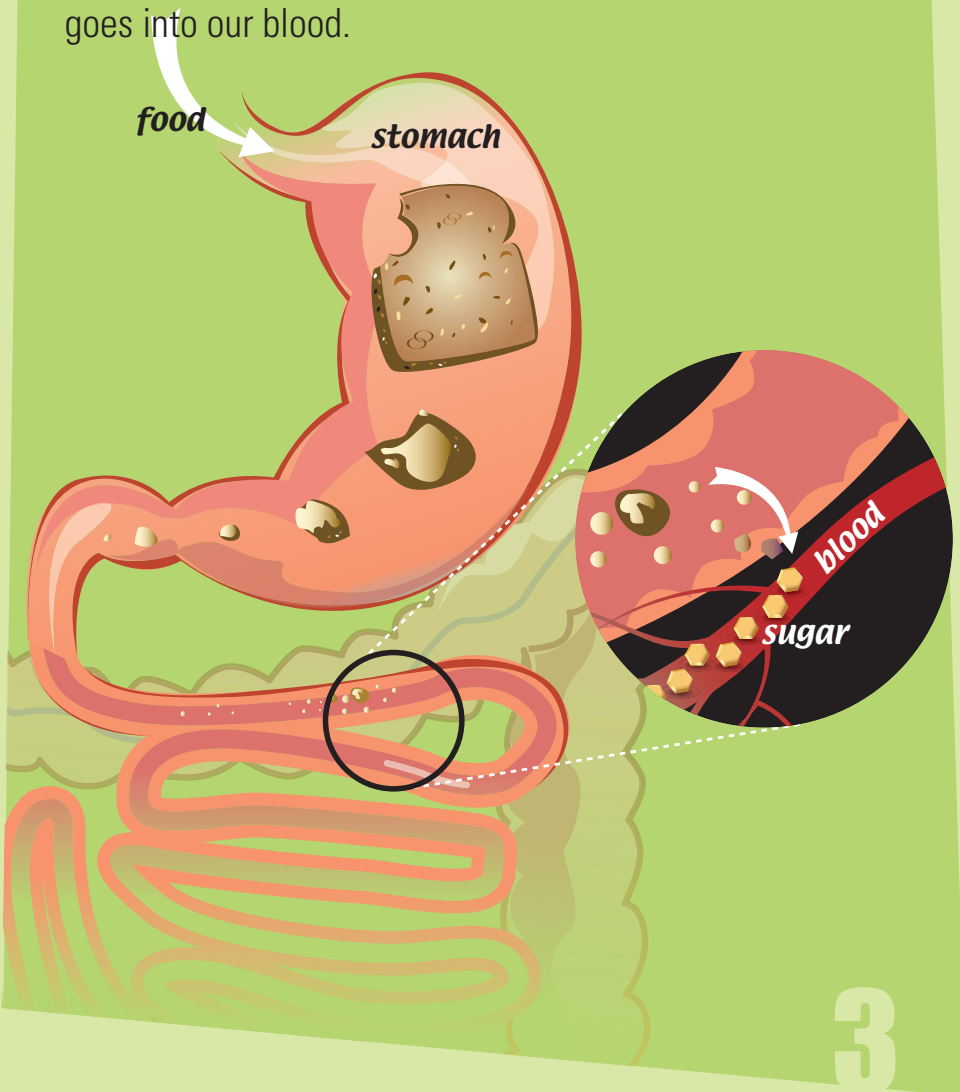


* Because of increased risk in our population, people with fasting blood glucose over 5.6 will be asked to do the blood test with the sweet drink.

HOW THE BODY WORKS

Before we talk more about **pre**-diabetes (yellow pages 5, 6) it is important to understand how the body works (green pages 3, 4).

When we eat, the food is broken down into small pieces in the stomach and intestine. The sugar from the food goes into our blood.

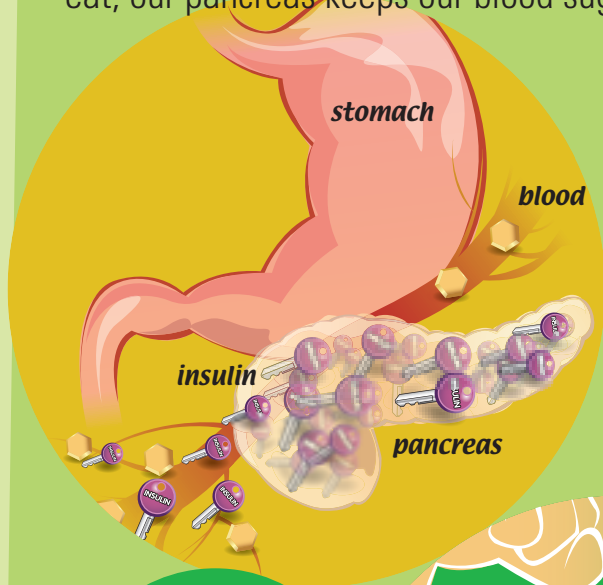


HOW THE BODY WORKS

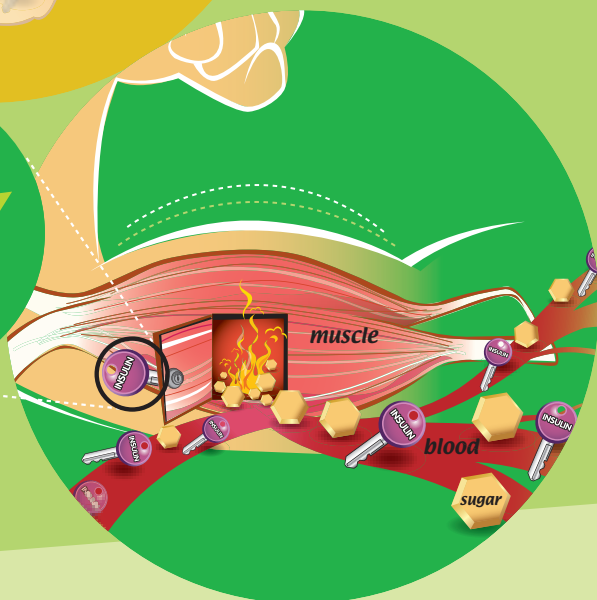
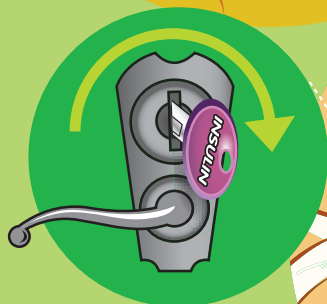
To get the sugar (glucose) out of the blood and into the different parts of the body, we need a **key**. The key is called **insulin**.

The insulin is made by the **pancreas**.

By making the right amount of insulin for the sugar we eat, our pancreas keeps our blood sugar level healthy.



Insulin allows the sugar to enter the different parts of the body. Our body can then use the sugar for energy.

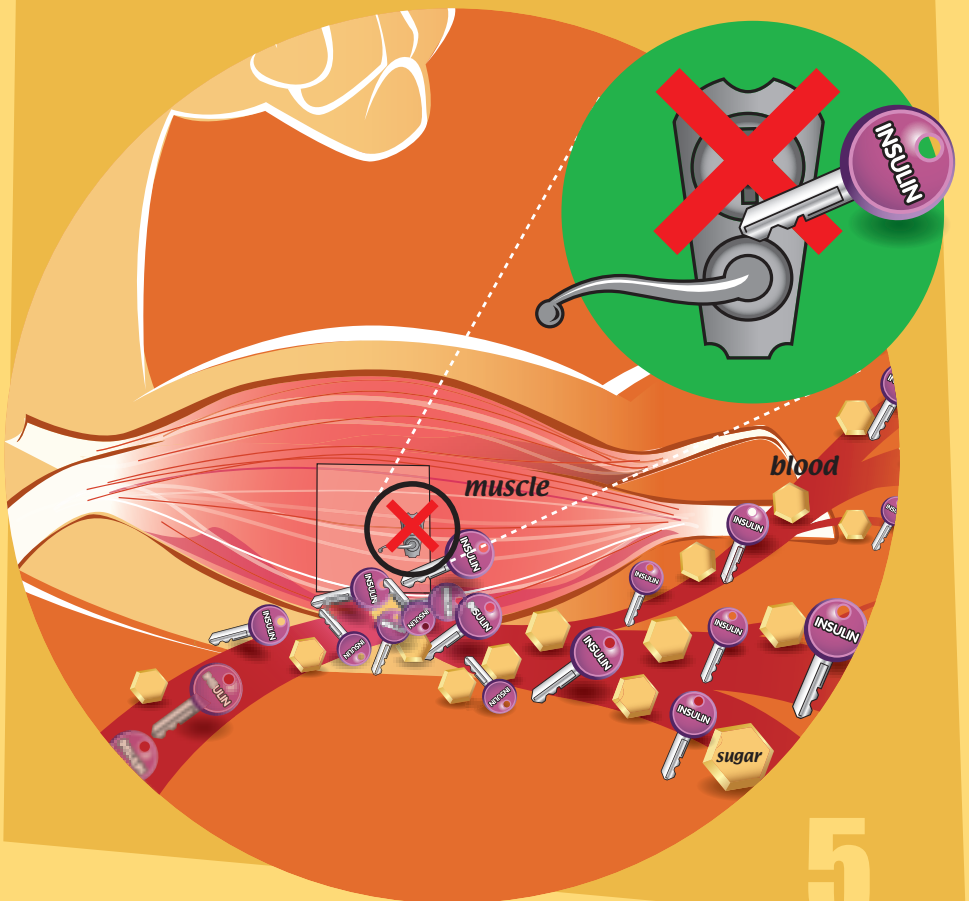


WHAT HAPPENS IN PRE-DIABETES?

In pre-diabetes, insulin (key) made by the pancreas **cannot open some locks.**

When the blood sugar level goes up, it sends a message to the pancreas to **make more insulin** (key).

Some sugar cannot move out of the blood into the body parts. This sugar left in our blood is what causes our blood sugar levels to go up.



WHAT HAPPENS IN PRE-DIABETES?

By working very hard, the pancreas may be able to keep the blood sugar level close to normal for a while.

With time, the pancreas cannot make enough insulin to keep the blood sugar normal. The blood sugar level will continue to go up.

A blood sugar level that is just a bit higher than normal, is called **pre-diabetes**.

**PRE-DIABETES IS A
WARNING SIGN.**

**IT MEANS THAT IT IS
TIME TO ACT TO
PREVENT DIABETES!**

HOW TO KEEP YOUR BLOOD SUGAR HEALTHY

CAN I PREVENT DIABETES?

YES! By adopting a healthy lifestyle you can keep your blood sugar at a healthy level.

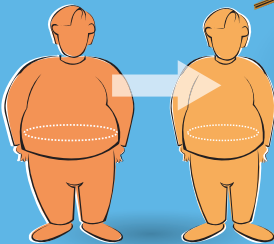
1 Be more active



2 Eat smaller portions and choose healthy foods



3 Lose a few pounds: Even **small changes** can help a lot



4 Talk to your health care team about medication that can help you prevent diabetes

**NOW IS THE TIME TO TAKE ACTION
AND PREVENT DIABETES!
CHOOSE WHICH ROAD TO TAKE...**

**UNHEALTHY
LIFESTYLE**

**HEALTHY
LIFESTYLE**



**CHECK YOUR BLOOD SUGAR ONCE A YEAR
AT THE CLINIC. IT IS THE BEST WAY
TO KNOW YOUR BLOOD SUGAR LEVEL.**

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