



## NOVEMBER: American Diabetes Month

### PREDIABETES

According to the American Diabetes Association, 57 million people in the U.S. have “prediabetes”. Prediabetes simply means that your blood sugar (glucose) level is higher than normal but not high enough to be classified as having type 2 diabetes. A “normal” fasting blood glucose level is below 100 mg/dl. A person with prediabetes has a fasting blood glucose level between 100 and 125 mg/dl.

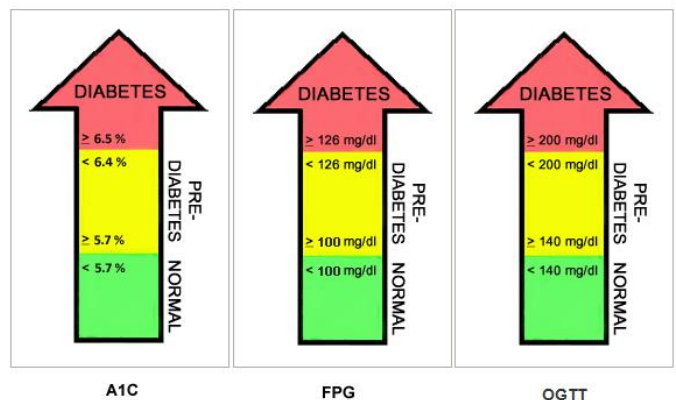


People with prediabetes don’t often have symptoms and it’s important to know that individuals with prediabetes are at a 50% increased risk for heart disease or stroke compared to people with a normal blood glucose level. Additionally, without intervention or behavior changes, an individual with prediabetes is likely to develop type 2 diabetes in 10 years or less!

The good news is that with lifestyle changes such as being physically active, making wise food choices and maintaining a healthy weight can prevent or reverse prediabetes. A loss of just 10-15 pounds through diet and exercise can make a huge difference!!!

There are three different tests your doctor can use to determine whether you have prediabetes:

- The A1C test
- The fasting plasma glucose test (FPG)
- or the oral glucose tolerance test (OGTT).



Don’t forget that The Medical Center of Plano will be hosting a **DIABETES HEALTH FAIR** on Saturday, November 13 from 9:00 AM – 12:00 PM in the atrium area near the Emergency Room entrance.

[www.themedicalcenterofplano.com](http://www.themedicalcenterofplano.com)

PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL

