



PATIENT EDUCATION SERIES

Pre-Diabetes

What is Diabetes?

- **Diabetes** is a disorder in which the body makes too little insulin, or cannot use the insulin it makes.
- **Insulin** is a hormone that helps to regulate the sugar in the blood (blood glucose). When the blood glucose is too high, many diabetes complications can develop.

What is Pre-diabetes?

Pre-diabetes is not diabetes, but shows that you are at risk of developing diabetes. There are about 17million Americans who have diabetes and 16 million who have pre-diabetes. There are no symptoms of pre-diabetes. The condition is found through blood tests.

What are my Chances of Getting Diabetes?

Your chance of getting diabetes increases if you are:

- Hispanic-American, Native American, or African-American
- Middle-aged or older
- Overweight
- Inactive

How do I Reduce My Risk?

You can't change your age or your family history. You **CAN** change weight and exercise level. When you lose even 10 pounds and start exercising for one-half hour per day, you lower your risk.

What are the Symptoms of Diabetes?

- Increased thirst
- Increased urination
- Fatigue
- Weight loss without trying
- Sores that don't heal
- Blurry vision
- Dry skin
- Increased hunger
- Irritability

If you get these symptoms or suspect that you have diabetes, **call your doctor!** You should not ignore diabetes symptoms. With timely treatment, you can preserve your health.