

PRE-DIABETES

What is pre-diabetes?

In **pre-diabetes**, blood sugar levels are higher than normal, but not as high as with diabetes.

Pre-Diabetes is becoming more common in the US. As many as 50 million people have **pre-diabetes**.

What if you have pre-diabetes?

Pre-diabetes increases your risk for developing type 2 diabetes. Many people with **pre-diabetes** develop type 2 diabetes within 10 years.

People with pre-diabetes are also at risk for developing heart disease, or having a stroke.

Diabetes can damage almost every part of your body. It can make you blind, damage to your heart and blood vessels, or cause kidney problems, stroke, or nerve damage. For women, diabetes can complicate pregnancy.

If you have pre-diabetes, you can reduce your risk of developing diabetes by:

- Losing some weight. If you are overweight, try to lose ~5% of your body weight by making small changes in your diet and getting regular physical activity. This can help to delay, or even stop you from having type 2 diabetes.

Need some helpful tips on losing weight?

- Talk with your health care team for help in losing weight.
- Visit the *MOVE!* Weight Management Program for Veterans on the internet. Go to www.move.va.gov and select *MOVE!* handouts.



**For additional information on diabetes and physical activity
visit the HealthierUS Veterans website at
www.healthierusveterans.va.gov
and select Get Fit for Life or Be Active.**