

## Prediabetes

Prediabetes is a health condition where blood sugar levels are higher than normal, but still not high enough to be diagnosed as diabetes. Early detection and treatment of prediabetes can help restore blood sugar levels back to normal and prevent type 2 diabetes.

### Type 2 Diabetes Prevention:

- Anyone older than 45 years is advised to undergo annual diabetes checkups.
- Avoid laziness and long sitting hours. It is advisable to be active and move every 45 minutes. In other words, laziness, long sitting hours, and inactivity are risk factors of diabetes.
- If diabetes runs in your family (if one or more of your parents and siblings suffer from diabetes), then it is essential to take all the necessary precautions to prevent the disease.
- Try to prevent high blood pressure, high cholesterol, and heart disease.

### Tips for Adjusting Your Habits:

- Adopting a healthy lifestyle is not something that happens overnight. Making lifestyle improvements may require some slow and gradual adjustments, like choosing healthy foods and fitting more exercise and physical activity into your daily routine.
- Carry a small notebook with you at all times and write down everything you eat during the day to reduce unhealthy eating habits.
- Be more active, eat healthy, well-balanced meals, and try to maintain a healthy weight.
- Take the stairs instead of the elevator.

- Set a goal to walk for 30 minutes per day, 5 days a week.
- Create your own workout schedule and commit to it!
- Park your car farther away from the place you intend to visit and walk the remaining distance... a few extra steps can make all the difference.
- When cooking, opt for grilling and steaming your food instead of frying it.
- Healthy, low-fat foods can be delicious if prepared correctly. Remember to add spices and herbs to your meals to give them an extra flavor.
- Make sure to read the nutrition facts label before buying any product to decide if it is worth it or not.
- Eating salad does not have to be a boring routine. In fact, it can be as healthy as it is delicious and diverse.
- A small amount of weight loss (around 5-7%) of your body weight can lower your risk for developing type 2 diabetes.
- To make sure you'd stick to the new healthy lifestyle you are adopting, share your plans with your family and friends, or with people who share these interests.

**Reference:**

<https://www.cdc.gov/diabetes/basics/prediabetes.html>

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