

# Weekly Wellness Tip (February 24, 2014)

## *What You Need To Know About Prediabetes*

### What is Prediabetes?

Before people develop type 2 diabetes, they almost always have "prediabetes" — blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.

Doctors sometimes refer to prediabetes as impaired glucose tolerance (IGT) or impaired fasting glucose (IFG), depending on what test was used when it was detected. This condition puts you at a higher risk for developing type 2 diabetes and cardiovascular disease.

### No Clear Symptoms

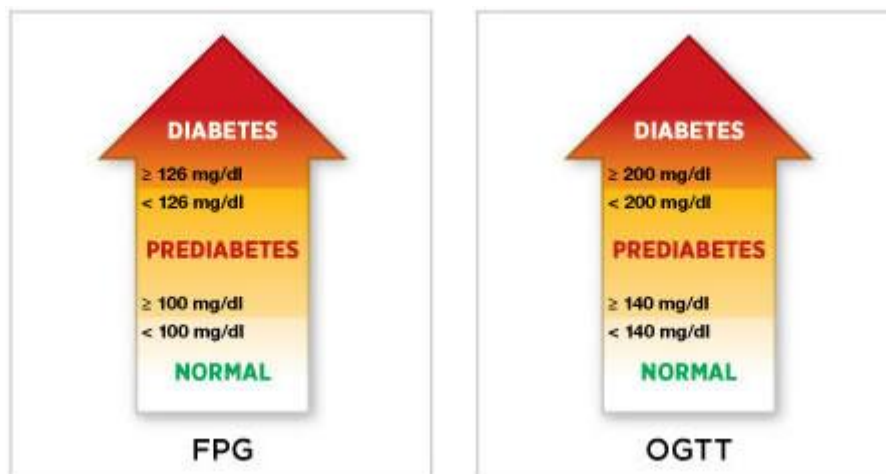
There are no clear symptoms of prediabetes, so, you may have it and not know it.

Some people with prediabetes may have some of the symptoms of diabetes or even problems from diabetes already. You usually find out that you have prediabetes when being tested for diabetes.

If you have prediabetes, you should be checked for type 2 diabetes every one to two years.

### Results indicating prediabetes:

- ❖ An A1C of 5.7% – 6.4%
- ❖ Fasting blood glucose of 100 – 125 mg/dl
- ❖ An OGTT 2 hour blood glucose of 140 mg/dl – 199 mg/dl



# Preventing Type 2 Diabetes

You will not develop type 2 diabetes automatically if you have prediabetes. For some people with prediabetes, early treatment can actually return blood glucose levels to the normal range.

**Research shows that you can lower your risk for type 2 diabetes by 58% by:**

- ❖ Losing 7% of your body weight (or 15 pounds if you weigh 200 pounds)
- ❖ Exercising moderately (such as brisk walking) 30 minutes a day, five days a week
- ❖ Don't worry if you can't get to your ideal body weight. Losing even 10 to 15 pounds can make a huge difference.



## 4 Ways to Change Your Life, Starting Today

1. Eat less and move more
2. Eat fruits and vegetables instead of processed convenience foods
3. Start each day with breakfast; avoid skipping meals
4. Learn how to eat

## Ordering Tips



If you eat out a lot, go to restaurants that make it easier for you to follow your meal plan.

If you have a choice in where to eat, ask yourself these questions to find the best place for you:

- ❖ Does the restaurant have a variety of choices?
- ❖ Does the restaurant allow substitutions without extra charges?
- ❖ Can two people split an entrée without an extra charge?
- ❖ Can I order dressing and sauces on the side?
- ❖ Can the food be prepared without extra butter or salt?

# How to Order

Once you decide where you are going to eat, try some of these tips when ordering:

- ❖ If you don't know what's in a dish or don't know the serving size, ask.
- ❖ Try to eat the same portion as you would at home. If the serving size is larger, share some with your dining partner, or put the extra food in a container to go.
- ❖ Ask for fish or meat broiled with no extra butter or oil.
- ❖ Order your baked potato plain, and then top it with a teaspoon of margarine or low-calorie sour cream, and/or vegetables from the salad bar.
- ❖ If you are eating less salt, ask that no salt be added to your food during cooking.
- ❖ Ask for sauces, gravy and salad dressings "on the side." Try dipping your fork tines in the salad dressing, then spear a piece of lettuce. Or add a teaspoon of dressing at a time to your salad. You'll use less this way.
- ❖ Order foods that are not breaded or fried. The breading adds carbohydrate, fat and calories to the food. If the food comes breaded, peel off the outer coating.
- ❖ Ask the waiter not to serve bread to the table if it doesn't fit into your meal plan.
- ❖ Read the menu creatively. Order a fruit cup for an appetizer or the breakfast melon for dessert. Instead of a dinner entree, combine a salad with a lower calorie appetizer.
- ❖ Ask for substitutions. Instead of French fries, request a double order of a vegetable like salad, green beans or broccoli. If you can't get a substitute, just ask that the high-fat food be left off your plate.
- ❖ Ask for low-calorie items, such as salad dressings, even if they're not on the menu. Vinegar and a dash of oil or a squeeze of lemon are a better choice than most full, fat high calorie salad dressings.



## Need Help Changing the Way You Eat?

A **registered dietician (RD)** can help you create a personalized meal plan, help you set realistic short term and long term goals, and help you stay on track. Insurance may cover the cost of visits to an RD when you have a referral from your health care provider.



For more information, visit: <http://www.diabetes.org/diabetes-basics/diagnosis/>

## Someone to Talk To



**The Employee Assistance Program (EAP)** is a great resource for all University employees. They offer free and confidential counseling and life advice 24 hours a day 7 days a week. Whether you need help finding affordable day care, or you need someone to help you cope with stress, the EAP can help. **713-500-3327 or 1-800-346-3549.**

