

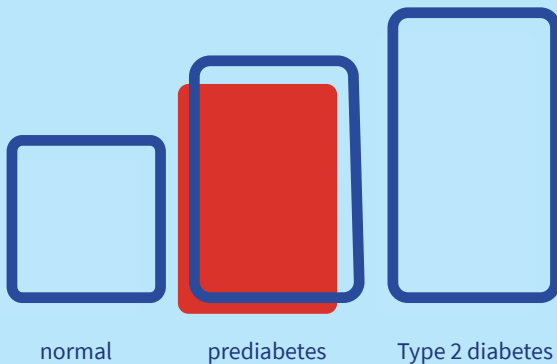


How to manage prediabetes and prevent type 2 diabetes

About 88 million adults in the U.S.—more than 1 in 3—are living with prediabetes. If your doctor has diagnosed prediabetes, there are lifestyle changes you can make to avoid developing type 2 diabetes.

Alongside your medical team, Walgreens is here to support you. We created this pamphlet and others to help you better understand prediabetes and diabetes, and to give you tips and advice you can use every day. If you have any questions, just ask your Walgreens pharmacist or visit us at [Walgreens.com/Diabetes](https://www.walgreens.com/Diabetes).

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What is prediabetes?

Prediabetes is a health condition in which blood sugar (glucose) levels are higher than normal, but not high enough to be diagnosed as type 2 diabetes. Living with prediabetes raises the risk of developing type 2 diabetes, heart disease and stroke.

Managing diabetes is harder than prediabetes

Steps people take to prevent type 2 diabetes will help them avoid serious complications that can greatly lower quality of life. Complications may include kidney failure, blindness, depression, heart disease and nerve damage. Nerve damage can lead to amputation of a toe, foot or leg.

Causes of prediabetes

To create energy for the body, a hormone called insulin works to let blood sugar into cells. In people living with prediabetes, the cells don't respond like they should to insulin, causing the pancreas to make more insulin. Over time, the pancreas can't make enough insulin and blood sugar rises, which can lead to prediabetes, as well as type 2 diabetes if blood sugar keeps rising.

Symptoms and risk factors

Many people living with prediabetes don't have any symptoms they would see or feel, but there are risk factors that can raise the chance of having prediabetes and developing type 2 diabetes:

- Being overweight
- Being 45 years or older
- Having a parent, brother or sister with type 2 diabetes
- Being physically active less than three times a week
- Ever having gestational diabetes (diabetes during pregnancy) or giving birth to a baby who weighed more than 9 lb.
- Having polycystic ovary syndrome
- Being of African American, Hispanic/Latino, American Indian, Pacific Islander or Asian American ancestry

Symptoms that may show a progression to type 2 diabetes include:

- Frequent urination
- Increased thirst and hunger
- Feeling more tired than usual
- Blurry vision





How to tell if you are living with prediabetes

Your doctor can diagnose prediabetes with blood tests. This chart shows the blood sugar levels that can mean prediabetes.

American Diabetes Association thresholds for adults with prediabetes

Type of test	Results
Glucose tolerance test: measures blood sugar before and after drinking a liquid that contains glucose.	140-199 mg/dL
Fasting blood sugar test: measures blood sugar after an overnight fast (not eating).	100-125 mg/dL
A1C: measures the average blood sugar level over the past two or three months.	5.7-6.4%





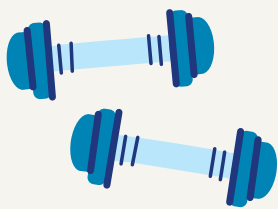
Ways to prevent type 2 diabetes

It is possible to reverse prediabetes and lower or stop the risk of getting type 2 diabetes. Taking some or all of the following steps can make a big difference.

- Losing a moderate amount of weight: 5% to 7%, which is just 10 lb. to 14 lb. for a 200 lb. person
- Getting more regular physical activity of 30 minutes per day, 5 days a week, which can be 150 minutes of brisk walking
- Getting on a dietary pattern of healthful foods, such as the Mediterranean-style diet
- Quitting smoking

Lifestyle change programs

To help people make the lifestyle changes they need, the National Diabetes Prevention Program, led by the CDC, is available at locations across the country. Taking part in the program can help lower the risk of getting type 2 diabetes by as much as 58% (71% for people over age 60).



The program includes:

- Working with a trained coach to make realistic, lasting lifestyle changes
- Discovering how to eat healthy and add more physical activity into their day
- Finding out how to manage stress, stay motivated and solve problems that can slow progress
- Getting support from people with similar goals and challenges

You can find a program in your area by visiting nccd.cdc.gov/DDT_DPRP/Programs.aspx.

Resources

Prediabetes—your chance to prevent type 2 diabetes. Centers for Disease Control and Prevention Web site. <https://www.cdc.gov/diabetes/basics/prediabetes.html>. Reviewed June 11, 2020. Accessed December 3, 2020.

The surprising truth about prediabetes. Centers for Disease Control and Prevention Web site. https://www.cdc.gov/diabetes/library/features/truth-about-prediabetes.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Fdiabetesprevention%2Findex.html. Reviewed June 11, 2020. Accessed February 11, 2021.

Diagnosis. American Diabetes Association Web site. <https://www.diabetes.org/a1c/diagnosis>. Accessed December 3, 2020.

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