

# **Preventing Diabetes: Know More. Do More**

## **Know More**

It can be difficult to understand the different types of diabetes and different blood sugar levels -- but understanding gives you power to take control of your health. Learn more at www.doihaveprediabetes.org

## Two Most Common Types of Blood Sugar Level Tests

1. HbA1c (blood test that averages 2-3 months of blood sugar)

2. Fasting Glucose (don't eat for several hours before getting the test)

Note: Diabetes is typically diagnosed after two tests above the recommended limits.

## **Test Results Progression from Normal to Type 2 Diabetes**

Normal Test Results:		
HbAlc	Less than 5.7%	
Fasting Glucose	70-99 mg/dl	

Prediabe	Prediabetes Test Results:	
HbA1c	Between 5.7% to 6.4%	
Fasting Glucose	Between 100 mg/dl to 125 mg/dl	

Diabetes Test Results:		
HbA1c	Over 6.5%	
Fasting Glucose	126 mg/dl or higher	

## **Definitions of Diabetes Related Diagnoses**

#### **Prediabetes**

Blood sugar levels are higher than normal but not high enough to be diagnosed as diabetes. Prediabetes can often be reversed, but if it isn't, it can lead to Type 2 diabetes, heart disease and stroke.

**Are You At Risk?** Find out by taking a short quiz on the <u>American Diabetes Association website</u> or by talking to your health care provider.

#### **Type 2 Diabetes**

The body makes insulin, but does not use it properly. This is the most common form of diabetes. May be prevented with action.

#### Type 1 Diabetes

The body does not make insulin. People with this diabetes type must take insulin.

## Do More

Ask your physician for a referral. Sign up and attend a Diabetes Prevention Program (DPP). DPPs from the Centers for Disease Control (CDC) are available online for those with prediabetes.

Access CDC Recognized Lifestyle Change Program online here

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