



Understanding Prediabetes and Type 2 Diabetes

Prediabetes and diabetes need to be managed because elevated blood sugar results in damage to the body. You may or may not have any symptoms to alert you to these conditions.

Family history of diabetes, increasing age and certain ethnicities put you at risk for diabetes. People who are overweight, less physically active and who make poor food choices are also at an increased risk for diabetes. If you make appropriate lifestyle changes, you can prevent prediabetes from becoming diabetes.

IMPORTANT TERMS TO KNOW

What Is Prediabetes?

Prediabetes is when your blood sugar is elevated but not high enough to be considered Type 2 diabetes.

Do I Need to Manage Prediabetes?

YES! Damage is being done to your body in prediabetes. Early management of prediabetes can prevent more serious health problems, including progression to Type 2 diabetes, heart problems, blindness and kidney issues.

What Is Type 2 Diabetes?

Diabetes is when you have too much sugar in your blood stream. Sugar should be in your cells where it is used for energy, but too much sugar can cause health problems.

Do I Need to Manage Type 2 Diabetes?

YES! Over time, diabetes can cause serious health problems such as heart disease, kidney disease and blindness. Diabetes increases your risk for having a stroke or heart attack.

How Do I Know if I Have Prediabetes or Type 2 Diabetes?

The best way to screen for prediabetes and diabetes is to see your doctor regularly. Make sure to tell your doctor if you experience any symptoms that could indicate diabetes. Your doctor will also assess your risk factors and perform appropriate blood work.

YOU are the key to successfully controlling your diabetes. Managing your diabetes can help to lower your risk of complications such as heart attack, stroke and kidney issues. Below are some tips for those with diabetes:

LIVE A HEALTHY LIFESTYLE

The best approach to managing diabetes is to watch what you eat and to be active. Seeing a dietitian to help with food choices can be invaluable. Aim for 150 min/week of moderate-intensity exercise. To help members achieve these goals and stay on track, we've partnered with Brook to offer members the Brook Health Companion app. Brook makes it simple to take control of your health, including what you eat, medications you take, activity, sleep and more. Brook's team of registered dietitians can help you set the right goals and discover healthy habits that work for you. To learn more or to download the app, visit brook.health/join.

SEE YOUR HEALTH CARE PROVIDER REGULARLY

Your health care provider is your partner! Meeting with your health care provider on a regular basis allows for the opportunity to assess how well your diabetes is managed. It also gives you the opportunity to ask questions and to share any concerns you have with your provider.

GET ANY BLOOD WORK YOUR DOCTOR RECOMMENDS

Regular blood work helps your health care provider determine how well your diabetes is managed. Your health care provider will routinely monitor your A1C.

You may also be advised to obtain blood work to monitor your cholesterol and kidneys. Do not forget to discuss the results of your blood work at your appointments. It is important not only to "know your numbers" but to understand what they mean to you.

TAKE YOUR MEDICATIONS AS PRESCRIBED

It is important to take any prescribed medications exactly as your doctor advises. Missing doses of medications, or taking medications differently than prescribed, can result in your diabetes not being well controlled. Failing to take your medications as prescribed can also lead to having additional medications prescribed. Let your provider know if there is a reason you are not taking your medication such as a side-effect or cost issue. Do not forget to ask about generic medications.

ADDITIONAL RESOURCES

<https://diabetes.org>

<https://www.cdc.gov/tobacco/about/how-to-quit.html>

