



Living with Prediabetes

In the US, 37% of adults 20 and older have prediabetes, with that number increasing to 51% after age 65.

1. Introduction

Prediabetes is a condition where a patient's blood sugar levels are higher than normal, but not high enough to be considered diabetes. This increases the risk of developing type 2 diabetes, heart disease, or even stroke. While type 2 diabetes is always a result of prediabetes, that doesn't mean a patient with this condition will develop diabetes.

In many cases, this condition is reversible. The right treatments and lifestyle changes can help reverse and prevent prediabetes.

2. Symptoms

Though prediabetes and diabetes are separate conditions, most patients experience an overlap of symptoms:

- + Urinating often
- + Feeling thirsty or hungry
- + Extreme fatigue
- + Cuts and bruises that heal slowly
- + Tingling, pain, or numbness in hands and/or feet

Not all patients may experience these symptoms, but they are all warning signs of either prediabetes or diabetes.

3. Prediabetes vs. Type 2 Diabetes

Though there are some similarities, there are major differences between prediabetes and type 2 diabetes.

Prediabetes

As a precursor to diabetes, A1C levels for patients with this condition sit between 5.7% and 6.4%. Prediabetes can be reversed before it turns into type 2 diabetes with the right treatment.

Type 2 Diabetes

This lifelong chronic condition is diagnosed once A1C levels reach above 6.4%. Though patients with type 2 diabetes can go into remission, consistent monitoring and treatment are still needed to ensure lower A1C levels are maintained.

4. Treatment

Treatment for prediabetes focuses on bringing the A1C levels back down to a normal level — under 5.7%. This can be done through medication and/or lifestyle changes, such as diet and exercise.

Though prediabetes is reversible, it's recommended that patients who are or were diagnosed with this condition work with their doctor to adjust their lifestyle to fit their new needs. Whether that includes medication, weight loss, or lifestyle changes depends on the patient's needs.

Did you know?

Patients with prediabetes have a 5-10% chance of developing type 2 diabetes within a year.

For more information on prediabetes, please visit the [American Diabetes Association](#).

References

Overview of Prediabetes: [American Diabetes Association](#)

Prediabetes vs. Type 2 Diabetes: [American Diabetes Association](#)

Symptoms for Prediabetes: [American Diabetes Association](#)

Prediabetes Diagnosis and Treatment: [Mayo Clinic](#)

Prediabetes Statistics: [NIH PubMed Central](#)

Diagnosis Guidelines for Prediabetes: [American Medical Association](#)