



Are you at risk for Diabetes?

By knowing the risk factors, symptoms and other factors that put someone at risk for diabetes, you can be Proactive towards your own health by seeing your doctor.

Pre-diabetes:

Pre-diabetes, also known as impaired glucose tolerance (IGT), is when someone has higher than normal glucose levels, but not high enough to diagnose diabetes. Those who have pre-diabetes are at a higher risk of developing both type 2 diabetes along with cardiovascular disease. People may have pre-diabetes and not even know it, as there are no clear symptoms that would indicate it. Those who are diagnosed with pre-diabetes should be checked for type 2 diabetes each year. Patients with pre-diabetes should consider dietary and lifestyle modifications, as these proactive changes can delay the onset of type 2 diabetes.

Results indicating pre-diabetes are:

- Hemoglobin A1C value 5.7 to 6.4%
- Fasting plasma glucose levels of 100 to 125 mg/dL
- An oral glucose tolerance test (OGTT) blood glucose level of 140 to 199 mg/dL which is measured 2 hours after consuming the test drink

Diabetes:

There are three different types of diabetes

- **Type 1:** Type 1 diabetes is when your body does not produce insulin, a hormone that converts sugar into energy. This type of diabetes is found mostly in children and young adults.
- **Type 2:** Type 2 diabetes is when your body does not use insulin properly, also known as “insulin resistance”. This causes your blood glucose (sugar) levels to be higher than normal. This is the most common form of diabetes.
- **Gestational:** Gestational diabetes affects pregnant women, usually around 24 weeks. If someone is diagnosed with gestational diabetes, this does not mean that she had diabetes before the pregnancy, or that she will have diabetes after giving birth.

Symptoms of diabetes:

There are many symptoms that are frequent in those individuals who have diabetes. Common symptoms include: frequent urination, feeling thirsty, feeling very hungry (even after eating), feeling tired, blurry vision, cuts/bruising that are slow to heal, weight loss (typically seen in type 1 diabetes), or tingling/pain/numbness in hands and feet (typically seen in type 2 diabetes).

Diagnosing:

There are various ways to test for diabetes. More often than not, one will need to undergo testing on more than one occasion to confirm the diagnosis especially if your doctor determines that your blood glucose (sugar) levels are on the high side.

Some of the different forms of testing people may encounter are as follows:

A1C - A1C tests will measure the average blood glucose over a 3 month period. This type of testing does not require one to fast and gives the physician a good idea what has been happening for the previous months.

Fasting plasma glucose (FPG) – This test will check the glucose levels after one has been fasting for at least 8 hours. Testing usually occurs early in the morning before breakfast.

Oral glucose tolerance test (OGTT) – OGTT is a two hour test that checks glucose levels before and 2 hours after you drink a special sweet drink.

Treatment & Care

Blood glucose testing is the mainstay for checking and maintaining a healthy glucose level and getting diabetics to their goal. There are numerous types of blood glucose meters available ranging from very basic to highly sophisticated with on-screen charts and graphs. Be sure to read the manual that comes with your meter for instructions on how to get an accurate result as well as how to record your readings. Some monitors even allow the glucose readings to be downloaded which can give the physician a good idea where the glucose levels have been.

Drug Therapy – Drug therapy will differ from patient to patient based on their type of diabetes and the aggressiveness of control. Your physician can tailor a regimen for you based on many factors, including: cost, other medical conditions, side effects, and desired outcomes. Individuals with Type 1 diabetes will use insulin therapy while the treatment of Type 2 diabetes can range from oral medications to insulin or other injectable products. In addition to medications, all diabetics should include diet and exercise as another means of controlling blood sugar.

For additional information about diabetes, visit: www.diabetes.org

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