

Prediabetes – How to Prevent Prediabetes?

Prediabetes is a condition in which the blood sugar levels of the body are elevated over a period of time and within a specific range. The blood sugar levels are higher than normal but not high enough to be diagnosed as Type 2 diabetes. Prediabetes may be associated with the development of Type 2 diabetes, however ongoing research tends to indicate that with proper care and healthy lifestyle one can prevent or delay the onset of Type 2 diabetes.

Prediabetes can also increase the risk factors for the individual for cardiovascular disease, heart attack and stroke. This may also lead to complications with vision and kidney function as the individual ages.

Symptoms of Prediabetes

Although prediabetes has no symptoms, a family history of diabetes, excessive thirst, frequent urination, blurred vision, and extreme fatigue should alert a person that these are diabetes symptoms.

Causes of Prediabetes

The sugar in food is converted to glucose, a sugar that the body uses during digestion. The pancreas responds by producing insulin. If the pancreas does not produce enough insulin or the body does not use insulin properly, glucose can not get into the cells where it is converted into energy. The body uses this energy in order to function properly. Sugar is the fuel in which the body functions. The accumulation of sugar in the blood causes prediabetes. If not treated, this condition will lead to type 2 diabetes.

Diagnosis of Prediabetes

The Fasting Blood Sugar Levels- Blood is drawn after fasting for eight hours. A fasting blood sugar level below 100 (mg/dL) is considered normal. A fasting blood sugar level between 100 and 125 (mg/dL) confirms the presence of prediabetes.

Prevention of Prediabetes

The first step that you should take is to follow your doctor's instructions after he or she has diagnosed you with prediabetes. Prediabetes can be prevented by choosing a healthy lifestyle. Diets high in fiber e.g. cereal, fruits and vegetables have shown to help people keep their weight off and lead a healthier life, thus preventing prediabetes. Know more natural [Home remedies for diabetes](#).

Eat food low in saturated fat but high in soluble fiber. Take regular exercises such as brisk walking, swimming, and biking to keep the blood sugar levels within normal range. Walking is a good start for people with prediabetes. It is relaxing, easy to do anywhere, and can really burn a lot of calories. If you prefer dancing, swimming, basketball, or any other way to get yourself moving, then that is great. Choose something you enjoy so that it won't be hard to continue with it several times a week. If overweight lose weight. Prediabetes can be prevented by losing weight through dietary changes, increased physical activities or both.

Disclaimer: This article is not meant to provide health advice and is for general information only. Always seek the insights of a qualified health professional before embarking on any health program.

About the Author

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