

We are signposting you to this information as your recent blood test shows Pre-diabetes. There is a blood test which takes an average of your blood sugar readings over 3 months called the HbA1c. Results for this are:

Normal <41mmol/mol

Pre-diabetes 42-47mmol/mol

Type 2 diabetes >48mmol/mol

Pre-diabetes means that your blood sugars are higher than usual, but not high enough for you to be diagnosed with Type 2 diabetes.

It also means that you are at high risk of developing Type 2 diabetes. You may not be experiencing any symptoms with pre-diabetes.

Pre-diabetes is also called:

- borderline diabetes
- Impaired Fasting Glucose (IFG)
- Impaired Glucose Tolerance (IGT)
- Impaired Glucose Regulation (IGR)
- Non-diabetic hyperglycaemia

They all mean the same thing and knowing this is the first step to being able to do something about it and reduce your risk of Type 2 diabetes.

Eat a healthy, balanced diet

Whilst there is no specific 'pre-diabetes diet', the good news is that by changing some of your food and drink choices, you can reduce your risk of Type 2 diabetes.

There's no one-size-fits-all way of eating, but all of these have been linked with a decreased risk of Type 2 diabetes:

- Mediterranean diet

<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/meal-plans/mediterranean>

- Dietary Approaches to Stop Hypertension (DASH) diet

- <https://www.dashdiet.org/>
- Moderately cutting down on carbohydrates

<https://www.dietdoctor.com/authors/dr-david-unwin>

So to reduce your risk, aim to eat more of the foods linked with a reducing your risk, like fruit and vegetables, wholegrains, yogurt and cheese, and unsweetened tea and coffee. Also try to cut down on processed meat, refined carbohydrates, sugar sweetened drinks, alcohol and starchy carbohydrates like potatoes, pasta, rice and bread. This will all help to reduce your risk of developing Type 2 diabetes.

Be more active

If you spend a lot of time sitting down, this is known as a sedentary lifestyle. Being sedentary is linked with an increased risk of type 2 diabetes.

So being active in your daily life can help to reduce your risk of type 2 diabetes. This doesn't mean you need to take up a new sport or join the gym. You could make small changes so that you are being more active every day.

What now?

We will want to check your blood test every year; we try to do this in your birthday month known as your "Birthday Review."

There is a National Diabetes Prevention Programme we can refer you to if you wish. Please leave a message for one of the GP's if you wish this referral to be made.

Here are some more links for information for you to be able to decide what changes will suit you best and that will be sustainable for you. Try to start with small changes and build from there.

<https://www.healthystockport.co.uk/prediabetes-support-advice>

<https://diabetesmyway.nhs.uk/preventing-diabetes/>

<https://www.diabetes.co.uk/diet/nhs-diet-advice.html>

<https://www.bhf.org.uk/information-support/support/taking-control-of-your-weight>

[Being active to reduce your risk of Type 2 diabetes.pdf](#)

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