



May1, 2017

BSFHT Newsletter - Focus on Prediabetes

What is Prediabetes?

Prediabetes is when blood sugar levels are higher than normal, but not yet high enough to be diagnosed as Type 2 Diabetes.

Long term health problems can start in Prediabetes.

The good news is that it doesn't always lead to diabetes.



Picture from National Institute of Diabetes and Digestive and Kidney Diseases. <https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/prediabetes-insulin-resistance>

Some Risk Factors for Prediabetes

- Having a parent or sibling with diabetes;
- Being Aboriginal, Hispanic, South Asian, Asian, or African descent;
- Having had diabetes during pregnancy;
- Having high blood pressure or high cholesterol;
- Being overweight, especially if that weight is mostly around the tummy;

See more at: <http://www.diabetes.ca/about-diabetes/risk-factors/are-you-at-risk#sthash.kiXiO2oL.dpuf>

More Information

The Blue Sky Family Health Team has two Registered Dietitians and a Diabetes Nurse Educator who can help provide education and information about Prediabetes. Ask your doctor for a referral.

The Canadian Diabetes Association is a great resource for reliable information about Prediabetes.





What can you do?

Increase your Physical Activity

- Low physical fitness is as bad for you as smoking.
- Physical activity can be as powerful as glucose-lowering medication... with fewer side effects.
- Regular physical activity and a healthy diet can reduce Type 2 Diabetes incidence by 60%.



See more at: <http://www.diabetes.ca/diabetes-and-you/healthy-living-resources/exercise/physical-activity-diabetes#sthash.XCrgieOV.dpuf>

Choose Lower Glycemic Index Foods

- Include lots of fresh and/or frozen vegetables to your meals.
- Choose MORE whole grains like wild rice, barley, oats.
- Choose LESS processed foods like Mr Noodles, instant oatmeal or rice.
- Try to balance ALL meals with all the food groups.



See more on the Glycemic Index at: <http://www.diabetes.ca/diabetes-and-you/healthy-living-resources/diet-nutrition/the-glycemic-index>

Consider your Eating Habits and Behaviours

- Eat at the table and turn off the TV, your phone or other distractions - Pay attention to how much food you are eating, how full you are and most importantly, how it tastes!
- Many people fall into the habit of eating when they're bored. Try to recognize if you are truly hungry; if not, try to find something else to do.
- Stress can be a big trigger for eating, but does it help? Find ways to manage your stress that help you to feel better. Stress eating often leads to guilty feelings that are not helpful.

