

# Pre-diabetes

---

Before people develop type 2 diabetes, they almost always have "pre-diabetes" - blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. About 41 million people in the United States, ages 40 to 74, have pre-diabetes. Recent research has shown that some long-term damage to the body, especially the heart and circulatory system, may already be occurring during pre-diabetes.

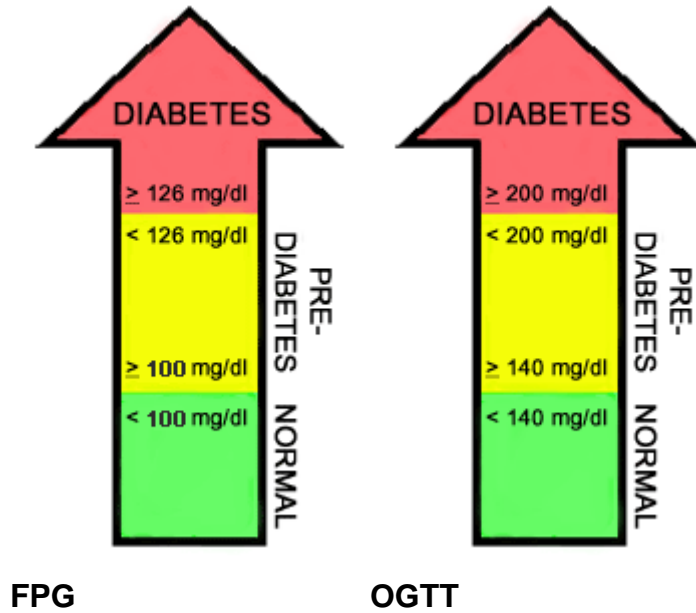
But research has also shown that if you take action to control your blood glucose when you have pre-diabetes, you can delay or prevent type 2 diabetes from ever developing. The American Diabetes Association has just published a Position Statement on "The Prevention or Delay of Type 2 Diabetes" to help guide health care professionals in treating their patients with pre-diabetes.

There is a lot you can do yourself to know your risks for pre-diabetes and to take action to prevent diabetes if you have, or are at risk for, pre-diabetes. The American Diabetes Association has a wealth of resources for people with diabetes. People with pre-diabetes can expect to benefit from much of the same advice for good nutrition and physical activity. The links on this page are cornerstones of successful management of pre-diabetes.

The scientific and medical basis for identifying pre-diabetes as a serious health threat is laid out in a new Position Statement entitled "[The Prevention or Delay of Type 2 Diabetes](#)." The statement has been issued jointly by the American Diabetes Association and the National Institute of Diabetes and Digestive and Kidney Diseases.

## **How do you tell if you have pre-diabetes?**

There are two different tests your doctor can use to determine whether you have pre-diabetes: the fasting plasma glucose test (FPG) or the oral glucose tolerance test (OGTT). The blood glucose levels measured after these tests determine whether you have a normal metabolism, or whether you have pre-diabetes or diabetes. If your blood glucose level is abnormal following the FPG, you have impaired fasting glucose (IFG); if your blood glucose level is abnormal following the OGTT, you have impaired glucose tolerance (IGT).



The American Diabetes Association [Risk Test for Diabetes](#) can help you determine if you are at increased risk for diabetes or pre-diabetes. A high score may indicate that you have pre-diabetes or at risk for pre-diabetes. [Take the test](#) and find out for sure.