

Prediabetes, Diabetes and When to be Tested

We invited Kylie (Koesters) Gaerke, our pharmacy student this month, to explain the types of diabetes and when we should get a blood sugar test.

What is prediabetes and is it common?



Prediabetes is a health condition where blood sugar levels are higher than normal, but not high enough to be diagnosed as type 2 diabetes. Nearly, one in three adults have prediabetes. However, 90% of people with prediabetes do not know they have it until they are diagnosed with type 2 diabetes.

How can I know if I have prediabetes?

There may be no obvious symptoms indicating you have prediabetes. Talk to your doctor about testing your blood sugar if:

- You are overweight.
- You are greater than 45 years old.
- You have a parent or brother or sister with type 2 diabetes.
- You had gestational diabetes.
- You had a baby greater than 9 pounds
- You have polycystic ovary syndrome.
- You are African American, Latino, Native American, Asian American, or Pacific Islander.
- You have a history of CVD or hypertension.
- You are physically inactive.
- You have a HDL level <35 mg/dL or triglyceride level >250 mg/dL.



How often should I get tested?



If you have prediabetes, you should be tested yearly for diabetes. If you had gestational diabetes, you should be tested every 3 years for life. If you are older than 45 years old, you should begin testing at least every 3 years.

How many people have diabetes?

Approximately 1 in 10 individuals have type 2 diabetes, while approximately 1 in 20 individuals have type 1 diabetes.

References:

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