



# How to Stop Prediabetes from Becoming Diabetes

Gary Grasmick, MD

Erie Family Medicine

303-963-9714



Boulder Community Health

# Importance of stopping progression

- Approximately 70% of people with prediabetes will progress to Diabetes Type II
- Diabetes Type II can cause:
  - increased risk of Coronary Artery disease
  - kidney failure
  - peripheral nerve damage
  - stroke
  - eye changes such as blindness
  - foot ulcers with possible amputation

# Prevalence

- 100 million in the U.S. have diabetes or prediabetes

# How Prediabetes is diagnosed

- *Fasting* glucose levels:
  - Non Diabetic = 70-100
  - Prediabetic = 101-125
  - Diabetic = 126 +
- A1c levels give a picture of glucose range in the past 2-3 months
  - Non Diabetic = less than 5.7%
  - Prediabetic = 5.7-6.4%
  - Diabetic = 6.5% +

# Risk Factors

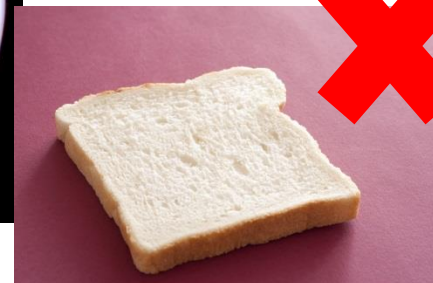
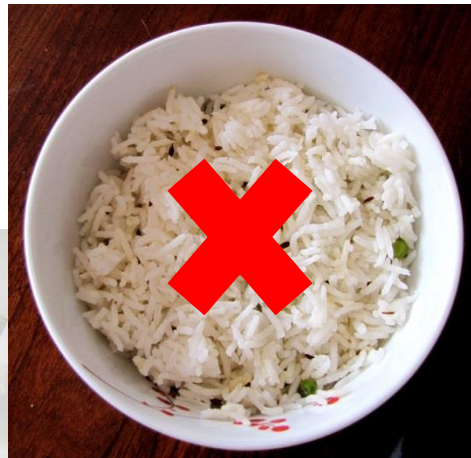
- Family History
- Delivered a baby more than 9 lbs.
- Gestational diabetes
- History of polycystic ovary syndrome

# How can I turn this around or prevent diabetes?

- Food
- Activity
- Medication

# What should I eat to prevent diabetes/prediabetes?

- Avoid white foods such as white flour, white rice, white bread because they result in a quick increase in blood glucose compared with whole grains
- Eat like a diabetic to avoid becoming one
- Eat lots of fiber



# What should I eat to prevent diabetes/prediabetes?

- Eat various forms of the “Mediterranean Diet” such as whole grains, lean protein, abundant fresh vegetables, fish, limited sweets, and some red wine.



- Eat less than 130 grams of Carbohydrates per day.  
**Read food labels closely.**



# What should I eat to prevent diabetes/prediabetes?

- Avoid sodas and juices
- Eat meals in this order: Protein, vegetables, then carbs to avoid blood glucose spikes



# Activity for preventing prediabetes/diabetes

- At least 3 times a week of activity that gets heart rate up – 30 minutes in length.
- More than 3 times a week is better.
- Weight loss of 5-10% of body weight

# Managing prediabetes/diabetes with medication

- This is an option if you can't get blood glucose levels down enough through diet and exercise.
- Metformin – often given as a first agent in treatment, or in some cases, prevention
- Check with physician as some medications can increase appetite.

# Main takeaways:

- It's important to find enough low carb foods that you like to build a sustainable diet for yourself. This is highly individualized.
- It's important to find an activity that you like enough to want to do 30 minutes 3 times a week.
- Prediabetes can be managed through diet, activity and medications to stop diabetes from developing. It can be reversed!



**Thank You!**

