Stop Prediabetes from Becoming Diabetes

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Key Points of Tonight’s Talk

• Diabetes is a devastating disease

• Prediabetes and diabetes are on different ends of the same continuum

• Diabetes can be prevented/delayed with proper interventions
Goals of Tonight’s Talk

• Even small interventions can be of great benefit.

• You don’t have to get skinny to improve your health.

• You are the most important factor in this process – “You are in charge.”
What is Diabetes?

• Diabetes is shortened form of “Diabetes Mellitus” and you’ll often see it abbreviated as DM.

• Diabetes = Greek “siphon” and Mellitus = Latin for “honey” or sweet.

• Doctors of old noticed patients would urinate frequently and the urine tasted sweet.

• ... because the patients were dumping glucose in the urine, creating increased urination and a sweet taste to the urine (fortunately we have more accurate tests for urine glucose now)
Type 1 vs. Type 2 Diabetes

Type 1 Diabetes
• Usually onset in childhood or early 20s
• Pancreas does not produce ANY insulin
• Patients must take insulin shots several times a day

Type 2 Diabetes
• Insulin doesn’t work properly (insulin resistance)
• Pancreas increases insulin production
• Eventually the pancreas cannot produce enough insulin to overcome the insulin resistance and the blood sugars rise
Complications of Diabetes

• Elevated glucose in the blood is INFLAMMATORY and damages blood vessels
  – Coronary artery disease
  – Strokes
  – Blindness
  – Kidney failure
  – Peripheral nerve damage
  – Foot ulcers/amputation
What is Prediabetes?

• Blood glucose higher than normal, but does not meet criteria for diagnosis of diabetes
  – Elevated fasting blood glucose less than 126 mg/dL
  – Hemoglobin A1c between 5.7-6.4%

• More than 100 million Americans have prediabetes or diabetes.

• Estimated 34% of adults have prediabetes
  – 35% of US adults older than 20yrs
  – 50% of US adults older than 65yrs
## Diagnosis of Diabetes/Prediabetes

<table>
<thead>
<tr>
<th></th>
<th>Non-diabetic</th>
<th>Prediabetes</th>
<th>Diabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before meals (fasting)</td>
<td>Less than 100 mg/dL (normal)</td>
<td>100-125 mg/dL</td>
<td>126 mg/dL or higher</td>
</tr>
<tr>
<td>Random</td>
<td>Less than 140 mg/dL</td>
<td>140-199 mg/dL</td>
<td>200 mg/dL or higher</td>
</tr>
<tr>
<td>A1C</td>
<td>Less than 5.7 %</td>
<td>5.7 – 6.4 %</td>
<td>6.5 % or higher</td>
</tr>
</tbody>
</table>

*Source: Boulder Community Health*
Diagnosis of Prediabetes: Hemoglobin A1c

• A blood test that measures the amount of glycosylated hemoglobin in the blood.

• Gives you a picture of your average blood glucose control for the past 2 to 3 months.
Diagnosis of Diabetes/Prediabetes: Hemoglobin A1c

- Glucose molecules normally become stuck to hemoglobin molecules in red blood cells = hemoglobin becomes glycosylated
- As a person's blood sugar becomes higher, more of hemoglobin becomes glycosylated
- A1c range of 5.7–6.4% = prediabetes
Risk Factors for Type 2 Diabetes
(Who should be tested for prediabetes?)

- You have high blood pressure (over 140/90)
- You have existing cardiovascular disease
- You have low HDL (good) cholesterol (40 or lower)
- You have high triglycerides (150 or higher)
- You are overweight
- You smoke cigarettes
Risk Factors for Type 2 Diabetes (Who should be tested for prediabetes?)

- You have a first degree relative with Type 2 diabetes
- You are African American, Hispanic/Latino, Native American, Asian American or Pacific Islander
- You had a baby weighing more than 9 pounds or had gestational diabetes
- You have a history of polycystic ovary syndrome
Who should be tested for prediabetes?

If you are...

- Age 45 or older and overweight, with a BMI above 25
- Age 45 or older and not overweight – ask your doctor if you need to be tested
- Under age 45, but overweight and at increased risk for diabetes
- Inactive
Not All Prediabetics are Obese or Overweight

• In a sample area, 81% are overweight/obese while 19% had normal weight.
If you have prediabetes, why should you care?

• Increased risk of getting type 2 diabetes soon or sometime in the future:
  – 70% of individuals with prediabetes will eventually develop diabetes.
  – If prediabetes not treated, 37% of individuals will have diabetes in 4yrs.
If you have prediabetes, why should you care?

- Raises risk for heart disease and stroke

- Increased risk of:
  - Blood vessel changes in the eyes (retinopathy)
  - Changes in the nerves (neuropathy)
  - Kidney disease (nephropathy)
Prediabetes is reversible!
Goals of Treatment for Prediabetes

• Avoid progression to type 2 diabetes mellitus

• Lower blood sugars

• Decrease risk of complications of diabetes and prediabetes
Treatment of Prediabetes

• Weight loss

• Exercise

• Medications
Treatment of prediabetes

The Diabetes Prevention Program study showed:

• **30 minutes** a day of moderate physical activity along with a **5 to 10%** body weight loss produced a **58% reduction** in progression to diabetes!
Body Mass Index (BMI)

• Convenient measure of body weight relative to height

• BMI = Weight / (height x height)
BMI

- Underweight <18.5
- Normal weight 18.5-24.9
- Overweight 25-29.9
- Obesity 30-40
- Morbid obesity 40+
Weight loss

• The goal is a weight loss of 5-10% total body weight

• Focus on healthy eating and calorie reduction (avg 500 kcal/day).

• Optimal goal: a sustained weight loss of 7%.
<table>
<thead>
<tr>
<th>Weight (pounds)</th>
<th>Losing 5 to 10% weight (pounds)</th>
</tr>
</thead>
<tbody>
<tr>
<td>150 pounds</td>
<td>8 to 15 pounds</td>
</tr>
<tr>
<td>175 pounds</td>
<td>9 to 18 pounds</td>
</tr>
<tr>
<td>200 pounds</td>
<td>10 to 20 pounds</td>
</tr>
<tr>
<td>225 pounds</td>
<td>11 to 23 pounds</td>
</tr>
<tr>
<td>250 pounds</td>
<td>13 to 25 pounds</td>
</tr>
<tr>
<td>300 pounds</td>
<td>15 to 30 pounds</td>
</tr>
</tbody>
</table>
How to Achieve Weight Loss?

- Weekly self-weighing
- Eat breakfast
- Drink water
- Get sleep
- Eat healthy foods
Healthy Eating Patterns

THE MEDITERRANEAN DIET

Wine
In moderation

Meats & Sweets
Limit

Poultry, Eggs & Dairy
Moderate portions daily to weekly

Fish & Seafood
Often, at least twice a week

Water
At least 8 cups a day

Vegetables, Fruits, Whole Grains, Olive Oil, Beans, Nuts, Legumes, Seeds, Herbs & Spices
Base all meals on these foods

Savor meals with loved ones and be active every day.
Mediterranean Diet on a Plate

Couscous, barley, wheat pasta, garbanzo beans, kidney beans.

Greens, tomato, bell peppers, cucumbers, kalamata olives.

Grilled salmon

Orange, fig, strawberries.

Water
Healthy Eating Patterns

The DASH Diet for Healthy Blood Pressure

Follow these DASH (Dietary Approaches to Stop Hypertension) guidelines for a healthier, more balanced diet.

- Grains: 6 to 8 servings per day
- Lean Protein: 6 or less servings per day
- Legumes or Nuts/Seeds: 4 to 5 servings per week
- Fresh Fruits and Vegetables: 4 to 5 servings of each per day
- Fats and Sweets: Limited
- Low-fat Dairy: 2 to 3 servings per day

OhioHealth
Discover how the DASH Diet can help you manage your blood pressure at blog.ohiohealth.com
Plate Method
www.myplate.gov

ChooseMyPlate.gov
Carb Counting

The Recommended Daily Allowance (RDA) for carbs is 130 grams per day. Per meal this comes to about:

- 60-75 grams of carbohydrates per meal for men
- 45-60 grams per meal for women
Does food order matter?

- Eating protein and vegetables before carbohydrates leads to lower post-meal glucose and insulin levels in obese patients with type 2 diabetes, Weill Cornell Medical College researchers found.

Fiber for Controlling Blood Sugar

• Fiber doesn't require insulin [to digest], so it isn't counted as part of your carbohydrates.
• Adults need at least 25 grams of fiber daily for best health outcomes.
• Go slow. If you are new to fiber, increase your intake slowly. Your body will need time to adjust.
Fiber for Controlling Blood Sugar

• Plan on adding some time to your food preparation habits, look for higher-fiber options like salads, or keep healthy snacks on hand — such as a handful of nuts, fresh fruit, or veggie slices and a healthy dip — to tide you over.

  — Avoid processed and refined foods.

  — Eating foods that are cheap, quick, and easy, or grabbing fast food on the go, means you are probably not going to get the fiber you need.
What about resistant starch?

• Resistant starch may improve insulin sensitivity in metabolic syndrome

Examples of Resistant Starch:

• Oats, barley, beans
• Cooked and cooled potatoes
• Green bananas
• Cooked and cooled rice
  • Do not release glucose in the small intestine but are fermented by bacteria in the colon
  • Cooling grains, potatoes changes the molecular configuration of the starches
Does Cinnamon Help?

- Research findings have been mixed.
- However, some studies suggest that cinnamon supplements added to standard hypoglycemic medications and other lifestyle therapies had modest effects on fasting glucose and HbA1c.


Cinnamon intake lowers fasting blood glucose: meta-analysis.


Do Cinnamon Supplements Have a Role in Glycemic Control in Type 2 Diabetes? A Narrative Review.
Does Vinegar Help?

• Several small trials in the recent past suggest that vinegar is a glucose-lowering agent.

• Study by Johnston, et. al, indicated that vinegar can
  – significantly improve insulin sensitivity in insulin-resistant patients
  – vinegar may possess physiological effects similar to acarbose or metformin

Diabetes Care 2004 Jan; 27(1): 281-282
Vinegar Improves Insulin Sensitivity to a High-Carbohydrate Meal in Subjects With Insulin Resistance or Type 2 Diabetes
Carol S. Johnston, PHD, Cindy M. Kim, MS and Amanda J. Buller, MS
How to Achieve Weight Loss?

• Exercise
  – 30 minutes, 5-7 times/week (or a total of 150 min./week however you can get it)
  – + 2 days of resistance training (weights/arm bands, etc.).
Benefits of Exercise

• Reduced risk of diabetes
• Reduced risk of cardiovascular disease
• Reduced risk of some cancers
• Improved bone density with decreased risk of hip fractures
• Improved pain and quality of life in patients with arthritis
• Improved sleep
• Decreased risk of falls
• Increased longevity
• Improved depression and anxiety
• Improved memory/decreased risk of dementia
Starting an Exercise Program

• Talk with your doctor before starting an exercise program
• Start slowly and increase the duration and intensity of your exercise gradually
• Goal is 30 minutes of moderate activity, 5-7 days each week
Pharmacologic Intervention

• Lowers risk of developing diabetes by 45%.
• Greatest benefit = those prediabetics with higher Body Mass Index (BMI).
• Metformin has good safety profile, with beneficial effects on BMI and lipids.
  • Metformin works by improving insulin sensitivity and decreasing glucose manufacture in the liver
**Treatment recommendation for individuals with IFG, IGT, or elevated A1C**

<table>
<thead>
<tr>
<th>Population</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>IFG, IGT, or A1C (5.7 to 6.4%)</td>
<td>Lifestyle modifications (i.e., 5 to 10% weight loss and moderate-intensity physical activity, approximately 30 min/day)</td>
</tr>
<tr>
<td>Individuals with IFG, IGT, or A1C 5.7 to 6.4%, especially for those:</td>
<td>Lifestyle modification (as above) and/or metformin*</td>
</tr>
<tr>
<td>&lt;60 years of age</td>
<td></td>
</tr>
<tr>
<td>BMI ≥35 kg/m²</td>
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<tr>
<td>Women with prior gestational diabetes</td>
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</tbody>
</table>

IFG: Impaired fasting glucose; IGT: impaired glucose tolerance; A1C: glycated hemoglobin; BMI: body mass index. *Metformin 850 mg twice per day.*

Surgical Intervention

• For morbidly obese: bariatric surgery associated with sustained weight loss
Does sleep matter?

- Evidence from both longitudinal and prospective studies suggests that sleep loss is associated with an increase in the risk of obesity.
- Sleep restriction leads to hormonal alterations, which may favor an increase in calories intake and a decreased energy expenditure – and ultimately lead to weight gain.

Sleep and obesity
Guglielmo Beccuti\textsuperscript{a,b} and Silvana Pannain\textsuperscript{a}
Diabetes Prevention Program (DPP)

- 3,234 patients average age 51, average BMI 34
- Followed for 3 years
- Low fat diet and 150 minutes exercise each week with a goal of 7% weight loss vs control

Results:
- 14% developed Diabetes vs 29% in control group
- average weight loss 15#
- 16% reduction for every 2.2# lost
2012 Perreault, et al., study

- Showed reversion to normal glucose levels—even transiently—was associated with 56% reduced risk of future diabetes.

Effect of regression from prediabetes to normal glucose regulation on long-term reduction in diabetes risk: results from the Diabetes Prevention Program Outcomes Study.
Lancet. 2012 Jun 16;379(9833):2243-51
Finnish Diabetes Prevention Study

- 552 middle aged patients with IGT
- Average BMI 33.2
- Weight reduction and exercise vs control
- Average weight loss 7.7#
- Progression to Diabetes at 2 years
  - 11% in exercise/weight loss group
  - 22% in control group
Knowler, et al, study

• In 2002, Knowler, et al16, hypothesized that lifestyle intervention would prevent or delay the development of diabetes.
  – Randomly assigned patients with prediabetes to receive a placebo or a lifestyle modification program.
  – Goals of at least a 7% weight loss and at least 150 minutes of physical activity per week.

Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin.
William C. Knowler, M.D., et al.
Knowler, et al, study

- Showed metformin lowered incidence of diabetes but not as much as lifestyle intervention.
Take Home Message:

All it takes is exercise and weight loss to reverse prediabetes!
The Diabetes Prevention Program:

Offered by Boulder County Area Agency on Aging:

• A proven behavior change program developed by the CDC
• A trained lifestyle coach provides support and guidance to the group
• Skill building to lose weight, become more physically active and manage stress
• A year-long program with weekly meetings for six-months, followed by one to two a month for the second six months.

New class starting September 16, 2020

Limited space so sign up early, classes are offered without charge to qualified participants. Pre-registration is required.

Wednesdays, 1 - 2 p.m.
Class will be held virtually, so you can attend from your own home.

To find out if you are eligible:
Call 303-441-4710 or email infohealthyaging@bouldercounty.org
Thank You!
Stop Prediabetes from Becoming Diabetes

Mikki Hand, MD
Family Medicine Associates
303-993-0972
Did you know that one-in-three Coloradans have prediabetes? Are you one of them? Left untreated, prediabetes can raise your risk of developing Type 2 diabetes, heart disease and stroke. The good news is that you CAN PREVENT these serious complications.

The Diabetes Prevention Program, offered by Boulder County Area Agency on Aging, provides:

- A proven behavior change program developed by the Centers for Disease Control
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Reasonable accommodations will be provided upon request for persons with disabilities. Please contact Julia Yager, ADA Coordinator or the Human Resources Division, at 303-441-3525 at least 48 hours prior to the scheduled event.