



## **Pre-Diabetes**

Pre diabetes occurs when blood glucose levels are higher than normal but not high enough to be diagnosed as diabetes. People with pre diabetes have an increased risk of developing Type 2 diabetes and are at a higher risk of having heart disease.

Making and maintaining lifestyle changes is the most effective way of reducing the risk of pre-diabetes progressing to Type 2 diabetes and heart disease.

### **Steps towards managing pre Diabetes**

- Manage your weight
- Eat well
- Keep active
- Avoid or stop smoking
- Reduction in waist measurement (less than 80cm for women / less than 94cm for men).

### **Manage your weight**

If you are overweight losing some weight will help to reduce your blood glucose level. Try to lose weight by cutting down on fatty foods and keeping as active as possible.

### **Eat Well**

- Reduce your intake of sugar and sugary foods
- Increase your intake of wholegrain and high fibre foods
- Reduce your fat intake, especially **saturated** fat
- Reduce salt intake
- If you drink alcohol, drink it in moderation
- Eat regular meals with a portion of carbohydrate at each meal
- Eat five portions of fruit and vegetables per day
- **Avoid** skipping meals and space your breakfast, lunch and evening meal out over the day
- This helps control your appetite and your blood glucose levels.

### **Include starchy carbohydrates at each meal**

Carbohydrates provide us with our main source of energy. They are also a source of vitamins and fibre so these are an important part of our diet. Most carbohydrates are digested and absorbed as glucose into the bloodstream - some very quickly (sugary foods) and some more slowly (starchy foods) - at each meal resulting in a rise in blood glucose levels.

Try to include the slowly absorbed starchy carbohydrates as these do not affect your blood glucose levels as much. Better choices include:

- Pasta
- Basmati or easy cook rice
- Grainy breads such as granary, pumpernickel and rye

- New potatoes, sweet potato and yam
- Porridge oats, All-Bran and natural muesli
- Pulses, e.g. lentils, kidney beans and baked beans.

The high fibre varieties of starchy foods will also help to maintain the health of your digestive system and prevent problems such as constipation. All these different types of carbohydrate will be digested into sugar so limiting portion size is important.

Reduce salt - Do not add salt to your food and limit the amount of processed foods you eat.

Cut down on fat, especially saturated fat

Choose unsaturated fats or oils, especially monounsaturated fat, e.g. olive oil and rapeseed oil, as these types of fats are better for your heart. As fat is the greatest source of calories, eating less will help you to lose weight.

#### **To cut down on the fat you eat:**

- Choose low fat dairy products - milk, cheese and diet yoghurts (watch for hidden sugars)
- Choose leaner cuts of meat and trim off any visible fat/skin (choose white meat/fish instead of red meat or processed meats)
- Grill, steam or oven bake rather than frying or roasting in oil
- Include low-fat margarines and cooking oils based on unsaturated fats, e.g. olive oil
- Avoid foods with hidden fats e.g. pastries, pies, cakes and biscuits
- Try to have 2-3 portions of oily fish a week, e.g. mackerel, sardines, pilchards, salmon and trout. They contain a type of fat that is good for your heart.

#### **Drink alcohol in moderation only**

No more than 2-3 units/day for women and 3-4 units/day for men. Not Exceeding 14 units in a week, allowing two drink free days a week.

1 unit = ½ pint beer/cider/lager (normal strength), 1 small glass of standard strength wine 8/9% (125ml), 25ml measure of spirits.

Always choose a low calorie/sugar-free/diet mixer, e.g. low calorie/diet tonic, diet lemonade, diet cola. All types of alcoholic drinks are high in calories so if you are trying to lose weight it is best to have only the occasional alcoholic drink.

## Reduced Fat and Reduced Sugar Products

Many foods labelled as low fat, e.g. low-fat yoghurts, cakes and biscuits are often high in sugar, and also low sugar products can be high in fat, so both are best avoided. Keeping a healthy balance can be difficult so using food labels can help to make appropriate choices. Use the following table as a guide.

A lot (per100g food)	A little (per 100g food)
20g Fat or more	3g Fat or less
5g Saturated fats or more	1g Saturated fats or less
0.5g Sodium or more	0.1g Sodium or less
10g of Sugars or more	2g of Sugars or less

## Keep Active

Regular physical activity will help manage your weight, reduce your blood glucose levels as well as lowering your cholesterol. Aim for 30 minutes of moderate intensity exercise that leaves you slightly breathless at least 5 times per week.

## What care will you receive?

You will be invited to have a yearly Blood test to check the glucose levels in your red blood cells; this is referred to as an HbA1c test. This is a NON fasting blood test and can be carried out at surgery or any of the drop in clinics (you will need have the form with you for the test)

Your GP or Practice nurse may also suggest you start a medication called Metformin.

Metformin lowers your blood sugar levels by improving the way your body handles insulin. Metformin works by reducing the amount of sugar your liver releases into your blood. It also makes your body respond better to insulin. Insulin is the hormone that controls the level of sugar in your blood. Metformin has also been shown to reduce the risk of cardiovascular disease.

- It's best to take metformin with a meal to reduce the side effects.
- The most common side effects are feeling sick, vomiting, diarrhoea, stomach ache and going off your food.
- Metformin does not cause weight gain