# Understanding Prediabetes – A Brief Guide

According to estimates from the CDC, more than 100 million Americans are prediabetic, with many of them being undiagnosed of their condition. Being unaware you’re prediabetic places you at higher risk of dying from a stroke or heart attack.

Fortunately, it’s possible to reverse this condition with diet, activity, and lifestyle changes. Only 5% to 10% of people with prediabetes go on to have their condition evolve into diabetes type 2. However, severe health risks are associated with consistently elevated blood sugar levels.

This post unpacks the threat of prediabetes and how to safeguard yourself from developing this blood sugar disorder.

## What is Prediabetes?

This condition describes individuals with persistently high blood sugar levels but below the threshold considered as diabetic by the medical community. In 1980, The American Diabetes Association introduced diagnostic criteria for prediabetes to determine the likelihood of it evolving into diabetes type 2.

A blood test to determine your fasting glucose levels is an excellent measure of your risk for the condition. Screening allows physicians to notify their patients of their condition, allowing them to be accountable and responsible for their future behavior.

According to the CDC, around one in 10 Americans is prediabetic and unaware of their condition. Screening can offer a lifesaving intervention to help patients maintain their quality of life as they age instead of declining into ill health.

The improvement in diabetes awareness and blood sugar screening has seen a huge decline in positive cases since 1988. Diabetes develops as a progression of the body’s insulin resistance. Eventually, the pancreas loses its ability to secrete insulin, leaving the patient reliant on medication for the rest of their life.

High blood sugar and diabetes can have devastating effects on health, dramatically increasing all-cause mortality risk.

## Who’s at Risk?

Adults with BMI (Body Mass Index) are most at risk of developing prediabetes and type 2 diabetes. Ethnic and racial minorities are also at higher risk of developing the condition.

Those adults who develop prediabetes or type 2 diabetes later in their adult life may find it challenging to reverse the condition, restore normal blood glucose levels, and lose excess weight.

Diabetes is also more prevalent in older adults. According to the diagnostic criteria for the condition, as many as 75% of all seniors qualify as prediabetic.

To reduce your risk, eat a sugar-free diet and avoid carbohydrates as much as possible. With the right strategy, it’s possible to reverse prediabetes and restore your blood sugar to the normal range.