

UNICITY

PREDIABETES 101

What You Need to Know

My Doctor Just Told Me I'm Pre-Diabetic

Learning that you're pre-diabetic can be scary news. If your doctor just informed you that your blood sugar levels are not what they should be, it can be difficult to know what to do next. As tough as it is to hear that you're pre-diabetic, there is a silver lining: you now have a chance to do something about it! With a bit of know-how and a solid understanding of what's happening in your body, you can make the right kind of changes that will help you live a happy, healthy, and diabetes-free life.

What is Pre-Diabetes?

If you are pre-diabetic, don't panic! You don't have diabetes... yet. Instead, your blood sugar level is high enough to be outside the "normal" range. We'll talk a little more about how that works later on in this guide, but for now just know that it's time to take action. You should also know that you're not alone. According to the American Diabetes Association, 86 million Americans had pre-diabetes in 2012. It's a common condition, and one that you can do something about.

Pre-diabetes is a warning sign that your risk of diabetes and heart disease is higher than the average person's. If you don't make any changes to your lifestyle, there is a very high chance that you'll have type 2 diabetes within the next ten years. People with even mildly elevated glucose have higher levels of inflammation that can also lead to heart attacks and strokes. That's why pre-diabetes is such an important thing to pay attention to. While you don't have a huge problem now, if you don't make changes you could be in danger.

The Dangers of Pre-Diabetes

If you don't make changes to your lifestyle, you're likely to progress to type 2 diabetes. Type 2 diabetes is a very serious condition in which your body is unable to effectively process the sugar in your blood. This puts you at risk for many dangerous (and even life-threatening) complications. If you don't take steps to control your blood sugar now, you'll be at risk for the following:



Heart Disease:

People with diabetes are twice as likely as people without diabetes to have heart disease and stroke. People with diabetes and pre diabetes are also likely to have issues with their heart at a younger age. Over time, high levels of glucose increases the build-up of fatty materials and causes increased inflammation on the walls of your blood vessels. This

build-up and inflammation can make it difficult for your blood to flow through the vessels and increases your risk for developing a clot that results in a heart attack, stroke, and other serious problems.



Nerve Damage:

High levels of blood sugar can also cause damage to your nerves. As a result, you might feel tingling, pain, or numbness in your legs, feet, arms, and hands. The nerves that allow normal digestion and control bowel and bladder function can also be affected. Between 60 and 70 percent of people with diabetes have some kind of nerve damage.



Foot Damage:

Diabetic nerve damage affects the feet more than any other part of the body. You might lose the ability to feel anything in your feet, including pain and the skin can become dry and cracked. This makes it difficult to notice foot injuries, like cuts and scrapes. If you don't feel pain from a foot injury, you're not as likely to take care of it, increasing your risk of infection. In extreme cases, this lack of feeling (combined with poor circulation) makes amputation necessary.



Eye Problems:

Diabetes can damage blood vessels in your eyes. This can lead to dark spots, sudden decrease or loss of vision, and even blindness. Fluctuating blood sugars can cause intermittent blurry vision. Diabetes also increases your risk of cataracts (a cloud over your eye's lens) and glaucoma (nerve damage in the eye due to pressure).



Dementia from All Causes:

Research into the connection between diabetes and dementia, including Alzheimer's disease has evidence that people with type 2 diabetes have a higher chance of developing some type of dementia.



Kidney Damage:

Diabetes causes injuries to small blood vessels all over the body, including the kidneys. This damage keeps your kidneys from cleaning your blood the way they should. This can lead to many complications, including weight gain, swelling in your ankles, and a build-up of waste materials in your blood. In the late stages of kidney disease, you might need to go on dialysis or receive a kidney transplant.



Hearing Loss:

Hearing loss is twice as common in people with diabetes as it is with people who do not have diabetes. Research into why this is so is still ongoing.



Erectile Dysfunction

This is a strong indicator of impending heart disease.

Pre-Diabetes is Not Diabetes

It's normal to feel worried about these complications, but if you're pre-diabetic, there's good news. If you make aggressive changes in your lifestyle now, you can keep your condition from progressing to full-blown diabetes and protect yourself from these complications. Changes in your diet, exercise levels, and weight can all help you stay safe and healthy. We'll give you some great ideas on how to make these types of changes later on in this guide.

What Causes Pre-Diabetes?

Every time you stand up, walk to the car, bend down to pick a flower, or even take a breath, your body is using energy that it gets from glucose. Glucose is a type of sugar that comes from the carbohydrates in your food. Your body creates a hormone called *insulin* to transport glucose from the bloodstream to your cells for immediate use or for storage.

Pre-diabetes occurs when your body is either no longer creating enough insulin or not using it very well. Instead of transporting glucose out of your blood stream, the sugar begins to build up. As a result, your body doesn't get the energy it needs, leaving you feeling tired and hungry. If you are pre-diabetic, the level of sugar in your blood is a little higher than normal. This imbalance might not be enough for you to notice any symptoms, but if you don't make any changes it will get worse over time.

Risk Factors for Pre-Diabetes

So what is it that changes your body's ability to create or use insulin the right way? Unfortunately, the exact cause is still unknown. There are some clear risk factors for diabetes, though, and many of them are under your control. If you have any of these risk factors, there is a good chance that they contributed to your diagnosis of pre-diabetes. Making changes in these areas can help you improve your health and reduce the risk of progressing to diabetes.

Weight:

There's no way around it: the higher your weight, the higher your risk of diabetes. Half of the men and 70 percent of women who have diabetes are obese. Your risk is especially high if you tend to carry your weight on your waist. Men with a waist that is bigger than 40 inches around and women with a waist that is more than 35 inches have a high risk of pre-diabetes and diabetes. Asian Americans have an increased risk with a smaller waist circumference because they have a smaller body size in

general. Fatty tissue around your belly tends to make your cells resistant to insulin, raising your blood sugar levels. This fatty tissue also increases inflammation that leads to full-blown diabetes and heart disease.

Activity Level:

Regular physical activity helps your body use insulin more effectively. A lack of regular physical activity means you're missing out on something that makes your body more sensitive to insulin. The result? A higher risk of pre-diabetes. A lack of physical activity is also linked with being overweight or obese, which adds to your risk of diabetes.

Genetics:

There seems to be a link between diabetes and family history. Find out if your parents or grandparents had pre-diabetes or type 2 diabetes. If so, that likely contributed to your diagnosis.

Ethnicity:

Asian Americans, Pacific Islanders, African Americans and Native Americans are at a higher risk.

Age:

As you grow older, you also grow more likely to have diabetes. Your risk starts to go up when you turn 45. When you turn 65, your risk goes up much more quickly, often because of a decrease in physical activity and less healthy food choices.

Unfortunately, there's no way to turn back time, but if you are over the age of 45 it is wise to keep a close eye on your blood sugar levels and make the necessary life style changes. This is especially true if you are pre-diabetic.

Other Health Issues:

You have a higher risk of pre-diabetes (and diabetes) if you have high blood pressure or low HDL (good cholesterol) or high triglycerides, especially if you have these issues and are obese.

Polycystic Ovary Syndrome (PCOS):

Women with PCOS (a condition which includes cysts on the ovaries, excessive facial hair, menstrual disorders, overweight and insulin resistance) have a higher chance of pre-diabetes. Insulin resistance may be to blame for the growth of these cysts, linking PCOS with an increased risk for diabetes.

What are the Symptoms of Pre-Diabetes

Your doctor might have diagnosed you with pre-diabetes after receiving the results of a routine blood test. Many people with pre-diabetes are diagnosed this way because this condition doesn't always cause noticeable symptoms. If you know you

are pre-diabetic, keep an eye out for the following symptoms. They can act as a signal that your blood sugar is not under control and are a good way to know when it's time to check back in with your doctor.

Thirst:

If you find yourself feeling more thirsty than usual, it might be a sign that your blood sugar is rising. When there is more glucose in your blood, your kidneys have to work harder to get rid of it. To do so, they start to produce more urine. This ramped up urine production leaves you feeling thirsty.

Hunger:

If you have pre-diabetes, your body isn't converting the food you eat into energy very efficiently. Because your body isn't getting everything it needs to work properly, it requests more and more food, leaving you feeling hungry even after you've just had something to eat.

Frequent bathroom visits:

Do you feel like you're constantly running to the bathroom, even in the middle of the night? That's because your body needs to get rid of the extra urine it produced in order to deal with excess glucose in your blood.

Unexplained weight loss:

Pre-diabetes might make you hungry, but it can also make you lose weight. That's because you start to burn fat and muscle in order to make up for the energy it's not getting from your food. Having your weight fluctuate up and down a few pounds is normal but if you have any excessive, unexplained weight loss, get in contact with your doctor

Fatigue:

If you're up all night running to the bathroom, it's no surprise that you might be feeling a little tired in the morning. However, increased urination isn't the only reason why pre-diabetes might leave you feeling tired. High levels of sugar in the blood mean your cells are being deprived of the glucose they need for energy. As a result, you start to feel tired.

What Tests are Used to Detect Pre-Diabetes

Your doctor may have recommended a diabetes screening if you are over 45 or have risk factors for diabetes. They might have used one (or both) of these tests to get a better understanding of your blood sugar levels. You might also undergo them again in order to monitor your blood sugar levels and ensure that you are not progressing towards diabetes.

A1C Test:

The A1C test is one of the most popular methods used to diagnose pre-diabetes. It measures the amount of glucose on your red blood cells. Because your red blood cells live for about 3 months before being replaced, the A1C test is a reliable way to measure your average blood sugar levels over the past 3 months. If you've been diagnosed as pre-diabetic, your A1C level is between 5.7 and 6.4. Keep an eye on this number as you visit your doctor for follow-up appointments. If it drops, that's a good sign that you've been keeping your blood sugar under control.

Fasting Blood Sugar Test:

A fasting blood sugar test measures the amount of glucose currently in your blood. To get an accurate reading, this test needs to be taken after you haven't eaten for 8-12 hours. To have a normal result on this test, your blood sugar needs to be less than 100 mg/dL. If your blood sugar level falls between 100 and 125 mg/dL, you're pre-diabetic. Like the A1C test, the fasting blood sugar test can help you determine how well your blood sugar is being managed over time.

2 Hour Glucose Tolerance Test:

2 hours after drinking 75 grams of glucose, this test should be below 140 mg/dl. If your blood glucose result is 140-199, you are pre-diabetic.

I Have Pre-Diabetes: What do I do Next?

You've taken the tests and it turns out that you have pre-diabetes. That's a scary thing to hear, but here's the good news: you can keep your condition from getting worse. A diagnosis of pre-diabetes is a warning sign. If you make some aggressive changes in your lifestyle, there is a great chance that you will not progress to full blown diabetes.

The first thing you should do after being diagnosed with pre-diabetes is talk to your doctor. They have a better understanding of your medical condition and your lifestyle, which makes them a great resource for advice on what to do next. Your doctor will likely go over some of these lifestyle factors with you:

DIET:

Your diet has a huge influence over your blood sugar levels. Making healthy food choices can help you to manage your weight and keep your condition from progressing. Try focusing your diet around these foods to give your body what it needs to operate at its best.



Beans/Legumes:

Beans and legumes are the perfect backbone of a pre-diabetic diet because they're filled with soluble fiber, lean proteins, and complex carbohydrates. They're also easy to prepare, especially if you choose a canned variety. Your diet has a huge influence over your blood sugar levels. Making healthy food choices can help you to manage your weight and keep your condition from progressing. Try focusing your diet around these foods to give your body what it needs to operate at its best.

Whole Grains:

Whole grains are another great source of fiber, a substance that can help to slow down glucose absorption. As a result, a diet filled with whole grains like steel cut oatmeal and brown rice can help to lower your risk of diabetes.



Non-Starchy Vegetables:

Non-starchy vegetables like broccoli, spinach, peppers, and kale have a perfect balance of vitamins, fiber, and healthy carbohydrates. Steamed, roasted, and grilled veggies make a great side dish and are easy to keep on hand.

Nuts and Seeds:

Nuts and seeds (like almonds, cashews, chia seeds, and pumpkin seeds) are filled with healthy fats. They are high in calories, so keep an eye on your serving size if you're trying to lose weight, but a palmful a day is a healthy (and tasty) treat.





Lean Protein:

Lean meats are crucial for growing and maintaining your body's cells. They also help to keep your blood sugar levels nice and steady. Choose fish (like salmon, tilapia, and cod), egg whites, chicken breasts, or tofu.

Dairy Products:

You'll find plenty of protein in dairy products. Add some cheese, milk, yogurt, or cottage cheese to your diet, but keep an eye on the labels. Avoid products that have added sugar and keep in mind they may be high in fat.



Fruit:

If you have a sweet tooth that just won't quit, fruits are a great way to get your fix. Filled with nutrients and antioxidants, fruits like berries, peaches, pears, and apples are a great choice to replace nutrient deficient sweet desserts.



We encourage you to download our **Diabetic Meal Plan Guide**. It is the most comprehensive guide available. This guide includes a comprehensive list of hundreds of foods to eat and avoid.

[Download](#)

ACTIVITY LEVELS:

The amount of physical activity you engage in on a regular basis has a huge impact on how your body manages blood sugar. Whenever you go for a walk, have a swim, or take a ride on your bike, you're building muscle. Muscles are much better at using glucose than fat, so the more muscle you have, the better controlled your blood sugar will be.

Starting an exercise program can be intimidating, especially if you aren't used to physical activity. Before you start, talk with your doctor to get advice on what types of activity might be best for you. Start out small: there's no need to train for a marathon! Instead, find a type of activity you like to do, and add something to make it fun.

Go on a walk with a friend every evening, take some good music with you, or save your favorite TV show to watch while you're on the treadmill. The more you move, the better you'll feel, and the more motivated you'll be to get out there again.

WEIGHT MANAGEMENT:

Your weight has a big role to play in your risk of developing type 2 diabetes. Making sure your weight stays under control can make a big difference. Losing even 5% to 7% of your body weight will significantly reduce your diabetes risk. Talk with your doctor to learn more about where your weight should be and what you can do to get it there.

Managing Pre-Diabetes: Three More Tips

Lifestyle changes are your number one tool when it comes to managing your blood sugar levels. However, they're not the only thing that can help. Take these three tips to heart to reduce your risk of diabetes even further.



Take any Medicine Your Doctor Prescribes

If your risk of diabetes is high, your doctor might recommend metformin (also known as Glucophage). It helps to prevent your liver from making glucose when you don't need it, helping to keep your levels healthy. Your doctor may also recommend supplements to help make sure you're getting the nutrition you need. Follow any instructions your doctor gives you to the letter to stay healthy.

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Assemble Your Team

It's never a good idea to go it alone. Get in contact with a dietician, a personal trainer, or even friends and family who can offer support. With the right team behind you, you'll have a better chance of success.

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Use Unicity Balance

The best natural product available for supporting healthy Glucose levels is a patented and clinically proven product called **Unicity Balance**. This fiber-based formula when consumed prior to a meal lowers the body's glycemic response to the foods you eat. This creates a more mild release of glucose into the blood stream.

LOWER YOUR
BLOOD SUGAR
IN 24 HOURS

FREE SAMPLES

*Ask the person who gave you
this report for free samples of
Unicity Balance*



Nobody Likes to Hear They Are at Risk for Diabetes...

...but a diagnosis of pre-diabetes doesn't mean you're out of luck. If you've received this diagnosis, you still have a chance to turn things around. With aggressive lifestyle changes and with help from your doctor, you can make sure your blood sugar levels stay under control. Take advantage of this wake-up call and before long you'll feel better than you have in a long time.