

Diabetes *fact sheet*

Pre Diabetes what is it?

The blood glucose levels are higher than normal but not quiet high enough to have diabetes.

These are other names for pre diabetes:

- **Impaired Glucose Tolerance (IGT)**
- **Impaired Fasting Glucose (IFG) and**
- **Impaired Glucose Metabolism (IGM).**

This is diagnosed by having a fasting blood test or in some cases an oral glucose tolerance test is required. Your doctor will organise this.

Having Pre Diabetes puts you at risk of developing Type 2 Diabetes.

It is a warning to

“MAKE LIFESTYLE CHANGES NOW”.

Lower your risk by:

- **Increasing your activity and**
- **Improving your eating habits.**

YOUR lifestyle choices can delay the onset and even for some prevent Type 2 Diabetes!!

See Fact Sheets for more information

- **Healthy Eating**
- **Label Reading**
- **Weight Loss**
- **Activity**