

# NURSES NOTES



from Nurse Vickie

Happy August!

We are coming to the end of the 4 for \$300 incentive program. If you have not completed your 4 activities, please complete them.

This month, I thought we would talk about Prediabetes. Prediabetes is a topic that you may have heard about during Biometric Screenings. Prediabetes is a condition in which blood glucose or A1C levels—which reflect average blood glucose levels over a 12 week period of time—are higher than normal but not high enough for a diagnosis of diabetes. It is estimated by the Department of Health and Human Services that 1 in 3 people have prediabetes. As a result of having prediabetes an individual is at risk for developing Type 2 Diabetes and Cardiovascular disease, potentially leading to heart attack and stroke. Prediabetes can be referred to as insulin resistance. There are often no symptoms of prediabetes or insulin resistance. According to the American Diabetes Association individuals with the following risk factors should be screened for prediabetes or insulin resistance:

- being overweight or over the age of 45 years
- being physically inactive
- having a parent or sibling with diabetes
- having a family background that is African American, Alaska Native, American Indian, Asian American, Hispanic/Latino, or Pacific Islander America
- giving birth to a baby weighing more than 9 pounds
- being diagnosed with gestational diabetes—diabetes that develops only during pregnancy
- having high blood pressure—140/90 mmHg or above—or being treated for high blood pressure
- HDL cholesterol level below 35 mg/dL or a triglyceride level above 250 mg/dL
- having polycystic ovary syndrome (PCOS)
- having prediabetes, impaired fasting glucose (IFG), or impaired glucose tolerance (IGT) on an earlier testing
- having other conditions associated with insulin resistance, such as obesity or acanthosis nigricans
- having CVD

What Can You Do Now? Small changes will make a huge difference. Eat more non-starchy vegetables like asparagus, carrots, and cauliflower or salad greens. Add more whole grains to your diet like brown rice, quinoa and whole oats. Lean proteins like chicken, fish and eggs are good choices as well.

Move! The more you move the better you will feel. Have a walking meeting, walk to the bathroom that is the furthest away, when shopping or going to the grocery store select a parking spot that is further away from the door. Walk to the corner of your street. There are lots of creative ways to work movement into your day.

YOU are important! Take Care of Yourself! Small changes = Big Impact

I would be happy to meet with you. Please call or email me to set up a time for us to talk!

