



PREDIABETES & ELEVATED BLOOD SUGAR IN CHILDREN AND YOUNG ADULTS

Prediabetes: This is when blood sugars have increased, but are not yet high enough to be considered Type II diabetes. Prediabetes and blood sugars should be monitored closely, as this can turn into Type II diabetes over time. Prediabetes is diagnosed by completing blood work. The two lab values we use are fasting blood sugar and Hem A1C.

What should the numbers be?

- Fasting blood sugar should be below 100. You are considered prediabetic when fasting blood sugar 100-125. When fasting blood sugar is above 126, the diagnosis is Type II diabetes.
- Normal Hem A1C is less than 5.7. Prediabetic is Hem A1C from 5.7- 6.4. Type II diabetes is when the Hem A1C is over 6.4

Signs and Symptoms of Prediabetes:

- Increased thirst
- Increased frequency of urination
- Waking up at night to urinate
- Fatigue
- Increased appetite
- Unexplained weight loss
- *Acanthosis Nigricans*- skin darkening on parts of your body- neck, underarms, elbows, knees, knuckles, and skin folds on your abdomen. (This is also a sign of insulin resistance)

How can I lower my Hem A1C and blood sugars without medicine?

- Lifestyle changes such as increasing healthy food intake and increasing activity.
- Lose weight (if you have excess body weight)
- Increase fruits and vegetable intake. Children should get 1-2 cups of fruit in a day and 1-2 cups of vegetables in a day.
- Cut out sugary drinks including juice, soda, sweet tea, sports drinks
- Increase activity- 60 mins a day of moderate to vigorous exercise- Running, soccer, basketball, biking, jumping rope, strength exercises (like push-ups, sit-ups)
- Decrease/Cut out highly processed foods (These are foods that are significantly changed from their natural state and they often contain added ingredients like salt, sugar, fat, artificial colors, flavors, and preservatives.)