



10 Signs of PreDiabetes

Kids At Risk For Diabetes LLC

www.kidsatriskfordiabetes.com

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1. Increased Thirst All Day Long

If you are drinking nearly 3 liters each day but are not very active, then you may be at risk. A very common sign of prediabetes is being thirsty. It is fairly easy to monitor how much you drink. Be aware, if you are physically active or out in hot weather, your body will require more fluid. If you have not had much caffeine and are still using the bathroom very frequently, there is a chance you are pre-diabetic.

2. Frequent urination

One way the body controls your blood sugar is through urination. If you are drinking a lot, you might think it normal to pee more.

3. Unusual Fatigue

Not having energy is a sign your body is not using the energy (sugar) you are eating. This becomes a warning sign when it happens every day.

4. Body weight is just one risk factor

A BMI over 28 places you at increased risk for prediabetes. BMIs don't tell the whole story, but a high body fat percentage may be even more crucial. (see next point)

5. Apple Body Shape

If your waist measurement is greater than the circumference of the hips, then there is a good chance you are at risk for pre-diabetes and increased risk for heart disease.

6. Lack of Physical Activity

Young people are typically active. As we get older we normally slow down. We get busy with work and errands around the house. Having no physical activity is a warning sign of prediabetes. The good thing is you can ease back into it. Make it a priority to increase your activity 30 minutes every day.

7. Urinary tract infections

Frequent UTI's that are difficult to get rid of even with antibiotics can be a first sign of uncontrolled blood sugars. Any time blood sugar is over 200, the sugar spills out in your urine. This provides food for bacteria in your bladder which increases your risk for infections.

8. High Levels of Stress

Many people do not have good coping skills. Stress hormones release sugar in the body, which increases blood sugar levels for energy for our fight or flight syndrome. When we don't fight or run, then the sugar just circulates in the body. Stress can cause your body to become insulin resistant. That can cause prediabetes and eventually Type 2 diabetes.

9. Alcohol

Because alcohol has high concentrations of energy, it causes the pancreas to release insulin. Diabetics are allowed a very limited amount of alcohol. If you are at risk for diabetes, you should avoid the over-consumption of alcohol. Alcohol is also responsible for causing inflammation, which is a big warning sign for many chronic health problems. Be aware the more alcohol the body takes in, the more likely the individual is to store fat and have a chaotic metabolic profile.

10. Cloudy or Blurry Vision

Pre-diabetics often have the symptom of blurry or clouded vision when blood sugar are high. This usually starts in the evening after you have eaten all day and your blood sugar climbs all day long. If this seems to be a problem, ask your health care provider to check your sugar levels. Significant (sudden) vision changes can be a sign of real problems either with your vision or something more serious. So get checked by a doctor. Newly diagnosed diabetics are warned not to get an eye exam within 6 months of a new medication because as your blood sugars come down, your vision will improve.

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