

Pre-Diabetes Information

Prediabetes is a critical stage in the development of diabetes, for it is at this point that lifestyle choices can be made to turn it around. Early, decisive action can slow down or even halt the development of type 2 diabetes.

Prediabetes is diagnosed following a blood test called an HbA1c. You have prediabetes if your HbA1c is: above 42mmol/mol and below 48mmol/mol

We will repeat your blood test in 3 months' time and a form will be left at reception for you to collect.

Please access this information to help you going forward, they contain a lot of useful information about diet and lifestyle that can help you reduce your risk of type 2 diabetes.

<https://www.diabetes.org.uk/diabetes-the-basics/types-of-diabetes/type-2/prediabetes>

<https://www.diabetes.co.uk/pre-diabetes.html>

<https://www.prolongevity.co.uk/article/289/prediabetes-everything-you-need-to-know>