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Non-Diabetic Hyperglycaemia

We are offering blood tests to patients and identifying those who are possibly at risk of developing Type 2 Diabetes. Recent NHS guidance has promoted the identification of patients so that if anyone is at risk, they are given further information about what they can do to an early stage.

The blood test checks to see what your fasting glucose or Hba1c level is.

What is a Hba1c test?

Please use the following link to understand what this test means:

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/hba1c>

If you have had a blood test which showed that your fasting blood glucose or Hba1c level is slightly higher than it should be, then this indicates a state non-diabetic hyperglycaemia.

Test	Normal	Non-Diabetic Hyperglycaemia	Diabetes
Fasting Glucose	<5.5	5.5-6.9	>=7.0
Hba1c	<42	42-47	>=48

What does it mean?

Non-diabetic hyperglycaemia makes you more at risk of developing type 2 diabetes than other people. Diabetes is a common serious disease; it is also the most common cause of:

- Blindness in adults
- Kidney problems
- Leg amputations (other than accidents)
- Having diabetes makes you five times more likely to suffer heart attacks and strokes

What can I do about it?

Please use the following links for more information about what you can do to help prevent the development of Diabetes and cardiovascular disease.

You can use the 'Know Your Risk' tool to help you calculate your risk (use the link below)

<https://riskscore.diabetes.org.uk/start>

National Diabetes Prevention Programme

We know that you can lower chances of getting diabetes. You may have discussed this with us already. If you have been identified at risk, we can offer you're a place on the 'Healthier You: NHS Diabetes Prevention Programme'. Please use the link below for more information.

Healthier You – National Diabetes Prevention Programme

<https://healthieryou.reedwellbeing.com/>

If you join the **FREE** healthy lifestyle programme you will get your own support plan. The programme will explain how to eat the right food to lower the sugar in your blood. It will give you information about how to get the best out of exercise. If needed this is also likely to result in weight loss.

Diabetes UK

<https://www.diabetes.org.uk/preventing-type-2-diabetes>