

# SWANWOOD PARTNERSHIP PATIENT ADVICE LEAFLET

## Pre-Diabetes (Borderline Diabetes)

Pre-diabetes or what is commonly referred to as borderline diabetes, is a metabolic condition and growing global problem that is closely tied to obesity.

If undiagnosed or untreated, prediabetes can develop into type 2 diabetes; which whilst treatable is currently not fully reversible.

### What is pre-diabetes?

- Pre-diabetes is characterised by the presence of blood glucose levels that are higher than normal but not yet high enough to be classed as diabetes.

For this reason, prediabetes is often described as the “grey area” between normal blood sugar and diabetic levels.

In the UK, around 7 million people are estimated to have prediabetes and thus have a high risk for developing type 2 diabetes.

It could be possible to prevent the development of type 2 diabetes if you find out about your pre-diabetes early enough.

Research indicates that people who have pre-diabetes can delay or prevent the onset of type 2 diabetes by almost 60 per cent with adjustments to diet and exercise.

Reducing weight by ten per cent, and partaking in modest physical activity for 30 minutes daily, could reduce the chance of developing type 2 diabetes.

### How is pre-diabetes treated?

To treat pre-diabetes, it is necessary to lose a modest amount of weight (approximately 5-10 per cent of total body weight.) This can be achieved through diet and modest exercise. Any weight loss can make a huge difference. Having pre-diabetes increases the risk of heart disease or stroke.

### What happens next?

- If You have been told you have Pre-Diabetes ( Impaired Fasting Glycaemia or Impaired Glucose Tolerance) you should speak/make appointment with our Health Care Assistant to discuss this further
- You will be informed about prediabetes and more importantly how you can help yourself in preventing diabetes.
- You will be advised to reduce weight, implement diet and lifestyle changes, alcohol moderation and smoking cessation if you are a smoker.
- You will be advised to attend NHS **Diabetes Prevention** Programme (NHS DPP)
- You will need 12 monthly blood test for monitoring glucose and cholesterol.

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## When should I be Re-tested or Monitored?

If you have pre-diabetes you should be checked for type 2 diabetes at least annually. Please ask your GP Surgery to give you a Blood Test form for checking Fasting Glucose, HbA1c and Cholesterol every 12 monthly.

## Where to Get More Information:

<https://www.diabetes.co.uk/>

<https://www.nhs.uk/>

[www.diabetes.org.uk](http://www.diabetes.org.uk)

<https://preventing-diabetes.co.uk/essex/>

## “Mid and South Essex (NHS Diabetes Prevention Programme (NHS DPP))

<https://preventing-diabetes.co.uk/essex/>

NHS Diabetes Prevention Programme is there to support people at risk of developing Type 2 diabetes.

Programmes are held in a range of locations across Essex including Castle Point & Rochford, Southend, Thurrock, Basildon & Brentwood, Mid and South Essex.

Sessions are delivered during daytime and evenings or where possible on a weekend to make the programme as accessible as possible for all patients.

If there isn't a programme running in your area at the time of your referral, you will be placed onto the area waiting list until the next programme begins. You also have the opportunity to attend programmes in other areas should you wish.

If you would like to speak about a referral to the service please discuss this with your GP surgery.

For any questions about your referral or for help in understanding more about the scheme, please contact us on [0333 577 3010](tel:03335773010). Our booking team are available from 8am to 5pm Monday to Friday. “