

# Fight Diabetes

with

PREVENTION

LINK

*of Southern Maryland*

**Southern Maryland's authority on diabetes prevention, education and self-management**

Whether you are prediabetic or have already been diagnosed with diabetes, PreventionLink provides evidence-based lifestyle change programs and services to help you reduce your risk of developing complications.



# Medical Tips and Information for Pre-Diabetics



**Q.** *I've recently been diagnosed with pre-diabetes. What do I need to know to prevent it from advancing?*

**A.** A prediabetes diagnosis can be a frightening experience. With the right guidance and lifestyle changes, it's possible to manage your health and prevent full-blown diabetes. Seek support from family, friends and programs like PreventionLink of Southern Maryland.

**Q.** *What is prediabetes?*

**A.** Prediabetes is a condition where blood sugar levels are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes. It is estimated that around 96 million American adults are prediabetic.

**Q.** *How can I manage my prediabetes?*

**A.** Prediabetes can be managed through lifestyle changes, such as following a nutritious diet and getting regular exercise. Eating more whole grains, fruits, vegetables, and lean proteins while decreasing your consumption of processed foods can help lower blood sugar levels. Exercise helps maintain a healthy weight, which also helps stabilize blood sugar levels. Additionally, reducing stress levels and getting adequate sleep are recommended for optimal health.

*What if I have other concerns? What should I do?*

**Q.** It's important to go to your doctor with any questions and concerns regarding your prediabetic condition. Your doctor can refer you to

**A.** nutritionists or other specialists in the field who can provide specific advice tailored to your individual needs.

Through simple changes in diet and exercise, it's possible for people with prediabetes to delay or even avoid developing diabetes altogether! Studies show that up to 58% of cases of type 2 diabetes could have been prevented through lifestyle changes, such as improvements in diet quality, physical activity, body weight reduction, and smoking cessation.

Remember that it's difficult to make substantial changes over night. Making small daily adjustments can help you to build good habits and keep your blood sugar levels low without having to drastically change your lifestyle. With the right mindset and determination, any prediabetic can successfully manage their condition and reduce their risk for developing full-blown diabetes in the future.

# The Really Big Question



**Q.** *How can I benefit from PreventionLink?*

**A.** PreventionLink offers comprehensive resources and support through a team of health educators and lifestyle coaches. Our mission is to empower you to make healthy choices that will reduce your risk of developing type 2 diabetes.

**Joining one of the diabetes prevention or management programs at PreventionLink is easy – just follow these steps:**

**1.**

Speak With Your Doctor – They will be able to determine your eligibility for the program and refer you to the right PreventionLink program that fits your needs.

**2.**

Fill Out An Application – If you don't have a primary care doctor, fill out an application form online or speak with one of our staff or community health workers.

**3.**

Meet Your Lifestyle Coach – Once accepted into the program, you will be connected with lifestyle coaches who can provide guidance on how best to reduce your risk of developing type 2 diabetes through healthy eating habits and physical activity.

**4.**

Participate in Classes and Workshops – As part of the National Diabetes Prevention Program (NDPP), you'll attend regular classes or workshops that focus on helping you meet your health goals. These are goals set with your doctor or coach, such as changing your diet and increasing your physical activity levels. These classes can be held virtually or in person, depending on where you live and what works best for you.

**5.**

Receive Ongoing Support – The NDPP provides ongoing support from health educators and community health workers so that participants receive all the help they need to successfully complete the program. This includes custom meal plans, nutrition advice, physical activity recommendations, stress management, and weight management.

Joining the NDPP through PreventionLink is a great way to prevent yourself from getting type 2 diabetes while also taking control of your own health! By following the instructions above, you can easily become a part of this comprehensive program, which is designed to give everyone better access to education and support in reducing their risk of developing type 2 diabetes.



**Q.** *I already have diabetes. How can I avoid complications and hospitalization?*

**A.** Taking proactive steps to manage diabetes can help you live your best life! Explore our resources to discover strategies and tips for living with the condition. They may prevent complications and hospital visits.

**Q.** *I recently learned that I'm type 2 diabetic. I'm scared and have a lot of questions. What do I need to know?*

**A.** Recent advancements in diabetes treatment and management allow people with type 2 diabetes to thrive.

With the right lifestyle and care, you can manage your blood sugar levels and avoid hospitalization. PreventionLink is here to help you navigate this new experience.

**Q.** *My doctor said he may have to prescribe medications for me to take. Is that enough to help me manage my diabetes?*

**A.** Your doctor may prescribe insulin, other injectable medications, or oral diabetes medicines to help manage your blood sugar complications. However, healthy eating and physical activity are essential to managing diabetes.

*What else should I do?*

**Q.** Eating a balanced diet with lots of fruits, vegetables, whole grains, and lean sources of protein can help keep your blood sugar in check.

**A.** You should aim for at least 150 minutes per week of moderate-intensity physical activity, such as brisk walking or jogging — this will also be beneficial for reducing the risk factors associated with type 2 diabetes, such as obesity and high blood pressure.

PreventionLink provides access to great resources and services for managing your diabetes.

We also offer support groups where you can connect with others and gain valuable insight on how to navigate life with the condition.

If you have any questions or need additional support, please reach out to PreventionLink's team of experts! We're here to answer all your questions and help guide you in your journey to being your best. Contact us today!

Email: [preventionlink@co.pg.md.us](mailto:preventionlink@co.pg.md.us)

Call: (301) 883-7220



## Sources:

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