



Prevalence and Diagnosis of Prediabetes in Primary Care

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DESCRIPTION

No, prediabetes does not mean to have diabetes. It means that blood sugar level is higher than normal, but not high enough to be diagnosed as diabetes. However, prediabetes increases the risk of developing type 2 diabetes in the future, as well as other health problems.

Prediabetes is diagnosed by one of these tests:

1. In Fasting plasma glucose test, the food should be Avoided for about 8 hours, and then the blood sugar level is measured between 100 and 125 mg/dL,
2. After having glucose test, and then drink something which is sugary. After two hours in Oral glucose tolerance tests the blood sugar level which is measured between 140 and 199 mg/dL,
3. In Hemoglobin A1c tests the average blood sugar level for about past 2 to 3 months which is between 5.7% and 6.4%.

Prediabetes usually does not have any signs or symptoms. These symptoms are caused by high blood sugar levels that are not properly regulated by insulin. Insulin is a hormone that helps sugar enter your cells and lowers the amount of sugar in your blood. When you have prediabetes, your body does not make enough insulin or does not use it well. This leads to sugar building up in your bloodstream, which can cause increased thirst and urination try to flush out the excess sugar through urine, which makes you lose fluids and feel thirsty from your kidneys. High blood sugar can damage the blood vessels in your eyes, which can affect your blurred vision. Your cells do not get enough sugar for energy, which makes you feel tired. The high blood sugar can affect the growth and repair of skin cells, which can cause patches of darkened skin.

One with prediabetic should avoid foods that can raises the blood sugar levels and increase the risk of developing type 2 diabetes. Some of these foods are Sugary beverages, such as soda, juice, sports drinks and sweetened coffee or tea. Trans fat containing foods, such as frozen pizza, commercially fried food,

margarine and baked goods made with partially hydrogenated oils.

Lack of sleep can cause prediabetes where your blood sugar level is higher than normal but not high enough to be diagnosed as diabetes. It can also affect your hormones, metabolism, and insulin sensitivity that lead to higher blood sugar levels and increased risk of developing type 2 diabetes.

Borderline diabetes is another term for prediabetes, which is a condition where the blood sugar levels are higher than the normal but not high enough to be diagnosed as type 2 diabetes. Borderline diabetes is caused by insulin resistance, which means your body does not use insulin properly to move sugar from your blood into your cells. Borderline diabetes usually does not have clear symptoms, but it can increase your risk of developing type 2 diabetes and other health problems if left untreated. Borderline diabetes can be diagnosed by a blood test that measures your blood sugar levels over time.

As stress does not directly cause prediabetes, but it can affect the blood sugar levels that increases the risk of developing diabetes. Stress hormones such as cortisol and adrenaline at which the liver release more glucose into the bloodstream, that can raise the sugar levels in blood. Stress can also makes one feel hungrier, craving of unhealthy foods, gain weight, and have trouble at the time of sleep. All of these factors can worsen insulin resistance and makes it harder to control your blood sugar.

CONCLUSION

Prediabetes is a condition where the blood sugar is higher than normal but not high enough to diagnose type 2 diabetes. It can be reversed with lifestyle changes such as losing weight, eating a healthy diet, exercising regularly, and quitting smoking. However, if left untreated, prediabetes can progress to type 2 diabetes, which can cause serious health complications. Therefore, it is important to check blood sugar levels regularly and follow the doctor's advice.

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