

Easy read information  
on

Pre-diabetes



Prediabetes means your blood glucose (also called blood sugar) levels are higher than normal.



Your body is not breaking down sugar properly.



Being overweight can lead to pre-diabetes



Not enough exercise can lead to pre-diabetes



People with pre-diabetes have a high risk of heart disease



Unhealthy diet can lead to pre-diabetes



What can you do?

- Try to lose some weight



- Eat a healthier diet



- Do more exercise

# STOP SMOKING



- Stop smoking



You can monitor your sugar level



- Try to cut down on the amount of biscuits, cakes, crisps and takeaways you eat.



You should be invited to have a blood test at the surgery once a year



If you start to get any symptoms you need to see a doctor or nurse



Signs and symptoms

- If you get thirstier than normal



- If you are peeing more than normal



- If you are feeling more tired than usual



- If you are hungrier than normal



- If you are losing weight for no reason



- If you have blurry vision



- If you are getting more infections such as, athlete's foot



For more advice and information  
please contact:

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