



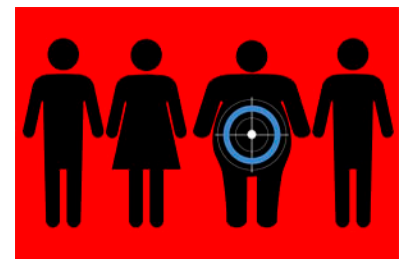
July 9, 2015 – Grand Rapids, MI

Prediabetes Risk Factors

Based on the recently published study that showed only about 12% of those who were pre-diabetic realized it, it's time to provide you with a list of risk factors for prediabetes. Let's get right to it.

Weight

The higher your Body Mass Index, the greater your risk. You can check out your BMI in the Health Info section of drchet.com and there's a link at the bottom of this message.



Waist Circumference

The larger your waist, the greater the risk. Men should be less than 40 inches and women less than 35 inches.

Sedentary

The less fit you are, the greater the risk. Exercise makes up for a lot of other issues related to prediabetes; it won't reduce the risk forever, but it gives you time to work on body weight.

Age

The older you are, the greater your risk for prediabetes. This is one we can't escape, but it's better to get ahead of the situation early rather than late.

Family History

You're at risk if your parents or siblings have type 2 diabetes.

Other risk factors: race, gestational diabetes, polycystic ovary syndrome, and sleep apnea. Let me add that even if you have many of the risk factors for prediabetes, that doesn't mean you have it or that you will get it. As the name implies, they indicate your risk.

I'll finish this up on Saturday by giving you the next step—but you can go ahead and make your appointment with your physician because it's going to involve some additional tests to see if your risk has been taken to a higher level. Don't hide your head in the sand and put it off; if you're pre-diabetic, you have a chance to change your future, but you'll want to get moving sooner rather than later.

What are you prepared to do today?

Dr. Chet

Reference: Am J Preventive Med. 2015. DOI: <http://dx.doi.org/10.1016/j.amepre.2015.03.007>.

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