Prediabetes action checklist

Use these steps from the article to act on a prediabetes result with a doctor.

- [ ] Ask the doctor which test was used and what the result was.
- [ ] Compare the result with the ADA ranges for A1C, fasting glucose or OGTT.
- [ ] Agree a weight goal with the doctor; the DPP goal was 7% of body weight.
- [ ] Build up to 150 minutes of moderate activity per week, such as brisk walking.
- [ ] Follow a healthy, reduced-calorie eating plan.
- [ ] Ask about a CDC-recognized lifestyle change program.
- [ ] Ask the doctor whether metformin suits your history.
- [ ] Book the next blood test and keep the appointment.
- [ ] See a doctor about any new symptoms.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/diabetes/can-prediabetes-be-reversed/