**Croyard Medical Practice Patient Information Leaflet**

***How can you prevent Type 2 diabetes and reverse Pre-diabetes?***

Pre-diabetes is where your blood sugar is higher than normal but not high enough to be diagnosed as type 2 diabetes. The exact cause of pre-diabetes is unknown, but it’s associated with insulin resistance. This is when your cells stop responding to the hormone insulin.

The pancreas produces insulin which allows sugar (glucose) to enter your cells. When your body doesn’t use insulin properly, sugar can accumulate in your bloodstream.

A pre-diabetes diagnosis, however, doesn’t mean that you’ll develop Type 2 diabetes, but there is a much higher chance of it. Diabetes is a condition that can lead to serious complications, so to avoid diabetes and its complications, it is possible to successfully reverse pre-diabetes by modifying diet and lifestyle.

Here are 7 Lifestyle Tips to Help Reverse Pre-diabetes Naturally:

**1. Eat a “clean” diet**

One risk factor for pre-diabetes is a diet high in processed foods, which have added fats, calories, and sugar without nutritional value. A diet high in red meat also heightens your risk.

[Eating a “clean” diet](https://www.healthline.com/nutrition/11-ways-to-eat-clean), which consists of healthier choices, can help restore normal blood sugar levels. This can reverse pre-diabetes and help prevent type 2 diabetes.

Incorporate low fat and low calorie foods into your diet. These include:

* [fruits with complex carbs](https://www.healthline.com/health/fruits-for-diabetes) ([apple](https://www.healthline.com/nutrition/foods/apples), [blueberry](https://www.healthline.com/nutrition/foods/blueberries), [cherry](https://www.healthline.com/health/cherries-diabetes), [grapefruit](https://www.healthline.com/nutrition/10-benefits-of-grapefruit), [grape](https://www.healthline.com/nutrition/benefits-of-grapes), [orange](https://www.healthline.com/nutrition/foods/oranges), peach, pear, [plum](https://www.healthline.com/nutrition/benefits-of-plums-prunes))
* vegetables
* lean meats
* whole grains
* healthy fats, like avocado and fish

**2. Exercise regularly**

Lack of physical activity is another risk factor for pre-diabetes. [Exercise](https://www.healthline.com/health/type-2-diabetes/top-exercises) is not only great for energy and mental health, it can also lower your blood sugar by increasing insulin sensitivity. This allows the cells in your body to use insulin more efficiently.

Exercise can reduce blood sugar for up to 24 hours after a workout.

If you’re beginning a new exercise routine, start slow. Engage in light physical activity for 15 or 20 minutes, and then gradually increase the intensity and length of the workouts after a few days.

Ideally, you’ll want to have 30 to 60 minutes of moderate physical activity at least 5 days a week. Exercises can include:

* walking
* biking
* jogging
* swimming
* aerobics
* playing sports

## 3. Lose excess weight

One benefit of a regular exercise routine is that it helps you shed excess weight.

In fact, losing as little as 5 to 10 percent of body fat can improve your blood sugar level and help reverse pre-diabetes. For some people, this is about 10 to 20 pounds.

Insulin resistance increases when you have a larger waist size, too. This is 35 inches or more for women and 40 inches or more for men.

Healthy eating and a regular exercise routine are both keys to losing weight. You can take other steps, too. This might include getting a gym membership, working with a personal trainer, or having an accountability buddy, such as a friend or family member.

Also, it might help to eat five or six smaller meals throughout the day, rather than three large meals.

## 4. Stop smoking

Many people know that smoking increases the risk for heart disease and lung cancer. But smoking is also a risk factor for insulin resistance, pre-diabetes, and type 2 diabetes.

You can get help to [quit smoking](https://www.healthline.com/health/quit-smoking). Use over-the-counter products such as nicotine patches or nicotine gum. Or, ask your doctor about smoking cessation programs or prescription medications to help curb nicotine cravings.

**5. Eat fewer carbs**

Even if you’re committed to healthy eating, it’s important to choose your [carbohydrates](https://www.healthline.com/health/food-nutrition/simple-carbohydrates-complex-carbohydrates) carefully. You’ll also want to eat fewer of certain carbs to help reverse prediabetes.

For the most part, you want to eat [complex carbohydrates](https://www.healthline.com/health/food-nutrition/simple-carbohydrates-complex-carbohydrates), which are unprocessed carbs. These include:

* vegetables
* whole grains
* beans

These carbs are rich in fiber and keep you full longer. They also take longer to break down, so they absorb into your body at a slower rate. This helps prevent blood sugar spikes. More information on the additional sheet.

Avoid or limit simple carbohydrates, which absorb quickly and cause an immediate spike in blood sugar. Simple carbohydrates include:

* sweeties
* yogurt
* honey
* juices
* certain fruits

Refined carbohydrates are also fast-acting and should be limited or avoided. These include:

* white rice
* white bread
* pizza dough
* breakfast cereals
* pastries
* pasta

## 7. Drink more water

Drinking water is another excellent way to help reverse pre-diabetes and prevent type 2 diabetes.

Water helps control blood glucose levels, and it’s also a healthy substitute for sodas and fruit juices. Those beverages are typically high in sugar.

**When to see your doctor**

Pre-diabetes can progress to type 2 diabetes. So it’s important to monitor your symptoms and speak with your doctor if you develop any early signs of diabetes.

These signs vary from person to person but might include:

* increased urination
* unusual hunger
* blurry vision
* fatigue
* increased thirst

**The bottom line**

A pre-diabetes diagnosis doesn’t mean that you’ll develop type 2 diabetes, but the risk is high. You’ll need to take quick action to reverse the condition.

Getting your blood sugar to a healthy range is key. You’ll not only avoid type 2 diabetes, but also complications associated with this condition like [heart disease](https://www.healthline.com/health/heart-disease), [stroke](https://www.healthline.com/health/stroke), nerve damage, and others.

For more information, visit the following website:

<https://www.diabetes.org.uk/preventing-type-2-diabetes/prediabetes>