

NON-DIABETIC HYPERGLYCAEMIA

What is non-diabetic hyperglycaemia?

You have been identified as at risk of developing diabetes. This may be a recent blood test or one you had a while ago. There have been some new guidelines about diabetes risk, and we are contacting all our patients who are affected by these changes. Your blood tests indicated that your **blood glucose level is raised** and either your fasting blood glucose or Hba1c levels are a little higher than they should be.

What does this mean?

You have **non-diabetic hyperglycaemia** (sometimes also called pre-diabetes, impaired glucose tolerance or impaired fasting glycaemia) which means your blood glucose is raised beyond the normal range, but it is not so high that you have diabetes. However, you are at risk of developing type 2 diabetes. You are also at risk of developing cardiovascular disease (heart disease, peripheral vascular disease and stroke).

What are the symptoms?

Usually there are no symptoms at all, and this is picked up on routine blood tests. It is not an illness itself and you do not have diabetes, but it is a **risk factor**.

Why me?

We don't always know why some people develop diabetes, but there are several risk factors, the commonest of which are obesity, physical inactivity, having high blood pressure or a history of heart disease or stroke. People of South Asian, Black African, African Caribbean backgrounds and those with a family history of diabetes are also at increased risk.

What can i do?

- o **PHYSICAL EXERCISE**- 30 minutes of raising your heart rate, 5 times a week- this can be broken up over the course of the day e.g., two 15-minute jogs
- o **losing weight** -if you are overweight
- o **dietary changes**- more fibre and less fat

The good news is that if non-diabetic hyperglycaemia is treated it can help to **prevent the development of diabetes** and cardiovascular disease. The most effective treatment is **lifestyle changes**: