



HEALTH RECORD PREDIABETES

Prediabetes is an abnormality in glucose metabolism characterized by a progressive decrease in insulin sensitivity. Without intervention, it can progress to type 2 diabetes.

Symptoms

Prediabetes is most often silent.

Some people may present with:

- ✓ Fatigue
- ✓ Difficulty losing weight
- ✓ Increased waist circumference
- ✓ Sugar cravings
- ✓ Drowsiness after meals
- ✓ Slightly elevated blood sugar levels

Risk factors

- Excess weight
- Sedentary lifestyle
- Family history
- Hypertension
- High cholesterol or triglycerides
- SOPK
- History of gestational diabetes

Conventional treatments

The treatment is primarily based on:

A balanced diet

- Regular physical activity
- Weight loss when necessary

Regular biological monitoring

Complementary approaches

Improving eating habits, increasing muscle mass, reducing chronic stress, and optimizing sleep all contribute to improving insulin sensitivity.

When to consult a doctor?

If your tests show slightly elevated blood glucose or glycated hemoglobin (HbA1c) or if you have several risk factors.

Bellis Wellness Clinic Approach

Our goal is to intervene early in order to support patients towards lasting lifestyle changes that can help reduce the risk of developing type 2 diabetes.

