

How to Prevent Prediabetes

Prediabetes is a serious medical condition that can be treated. The good news is that the recently completed Diabetes Prevention Program (DPP) study conclusively showed that people with prediabetes can prevent the development of type 2 diabetes by making changes in their diet and increasing their level of physical activity. They may even be able to return their blood glucose levels to the normal range.

While the DPP also showed that some medications may delay the development of diabetes, diet and exercise worked better. Just 30 minutes a day of moderate physical activity, coupled with a 5-10% reduction in body weight, produced a 58% reduction in diabetes.

The American Diabetes Association is developing materials that will help people understand their risks for pre-diabetes and what they can do to halt the progression to diabetes and even to, "turn back the clock" In the meantime, we have a wealth of resources for people with diabetes or at risk for diabetes that can be of use to people interested in prediabetes.

Nutrition

Making Healthy Food Choices

American Diabetes Association's statement for health professionals on nutrition

The American Diabetes Association bookstore has award-winning books on nutrition, recipes, weight loss, meal planning and more.

Fitness and Exercise

Tips on how to include a healthy amount of physical activity into your daily routine:

Fitness, Exercise and Diabetes

American Diabetes Association's statement for health professionals on exercise

You can get fit, reduce your risk for type 2 diabetes, and support the American Diabetes Association by participating in Step Out: Walk to Stop Diabetes.

Tools

Small Steps. Big Rewards. Prevent type 2 diabetes.

The National Diabetes Education Program has designed a national awareness campaign to target people at risk for type 2 diabetes. The campaign will create awareness that type 2 diabetes can be prevented through modest lifestyle changes and losing about 5 to 7 percent of body weight.

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