



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Could You Be Prediabetic?

“New data shows 55% of adults in California either have diabetes or prediabetes; that’s 1 out of 2 people.”

This health warning applies to more than half of you. Millions of people have a condition called prediabetes. They don't know they have it. As a result, one day they experience symptoms only to find out they have developed type 2 diabetes.

It's no surprise that prediabetes and diabetes is rampant in the American culture. However, new data shows 55% of adults in California either have diabetes or prediabetes. That's 1 out of 2 people.

UCLA Center for Health Policy released a report on March 10, 2016 summarizing a study with over 40,000 households that included 40,240 adults drawn from every county in the state. Prediabetes was defined as someone with a hemoglobin

A1c of 5.7 or above. Hemoglobin A1c is formed in the blood when glucose permanently attaches to hemoglobin. It represents a three month average of glucose.

They also used fasting plasma glucose values of 100 or above. First of all, glucose of 100 is much too high, and I would like to see hemoglobin A1c lower as well. Unfortunately, these conservative numbers are the ones used by the American Diabetes Association. But even with conservative fasting glucose values of 100 or above, 46% of all adults have prediabetes and 9% have been diagnosed with diabetes.

Sadly, about 90% of people with prediabetes are unaware of their condition. According to the statistics by the UCLA study,

70% of those with prediabetes develop diabetes in their lifetime.

Let's do the math. The study says 46% or 13 million Californian adults have prediabetes. Multiply 13 million times 70% and we have a staggering 9.1 million people with diabetes in their future. Currently, California has 2.5 million diabetics.

If our health care system is bankrupt now, what happens when we multiply the cost of the diabetic treatment and complications by 264%? It's like a tsunami of diabetic costs, not to mention the pain and suffering associated with this condition.

Just as alarming is the number of young adults with

prediabetes: 33% of adults ages 18-39, compared to 60% in those ages 55-69. In other words, 1 out of 3 adults' ages 18-39 have prediabetes, 6 out of 10 adults over 55 have prediabetes. What these numbers tell me is the importance of everyone having their blood sugar checked now. Over half of you either have diabetes or prediabetes. You may think, "Oh, prediabetes, it's no big deal."



have diabetes, but the goal is to check for prediabetes or insulin resistance.

Someone with insulin resistance doesn't have diabetes, but they are walking on the edge of what I call the "diabetic cliff". In cases like this, your clinician can begin the detective work needed to find out why you have blood sugar dysregulation. I say detective work, because sometimes blood sugar problems can be caused

Some traditional doctors do little to address it. They take a "wait-and-see" medical approach, that is, wait until you have full blown diabetes, and then prescribe medication. What harm can it cause to wait until your numbers are 125 or over before you are diagnosed?

by food sensitivities, toxins, excess carbohydrates, mitochondrial impairment, lack of exercise, and basic nutrient deficiencies like vitamin B1, chromium, or magnesium.

What most people don't know is that in type 2 diabetics, there is a progressive deterioration in pancreas cell function. One study showed that cell function of the pancreas was already compromised 50% of normal by the time diabetes was diagnosed. So by watching and waiting as fasting glucose levels increase, 50% of one's pancreas is deteriorating.

As the California study illustrated so well, 90% of people with prediabetes are unaware of their condition. Damage to their pancreas has begun, and they may or may not find out before they hear a doctor say, "You have diabetes". Don't wait for that. Contact your wellness clinician, schedule an appointment, and have your blood sugar evaluated. Testing is simple and inexpensive.

Your wellness clinician can do a simple in-office blood spot test or may recommend further blood tests to evaluate your blood sugar. You may not

It really is better to know NOW, and it's better to fix NOW what you may not be able to fix later. Please get tested.