Dear patient,

Your blood tests have indicated that you are in the pre-diabetic range

We use a test called HBA1c

 41 and under is normal

42 to 47 is pre-diabetic

48 and over is diabetic

**What your blood test means**

Prediabetes means that your blood sugars are higher than usual, but not high enough for you to be diagnosed with type 2 diabetes. It also means that you are at high risk of developing type 2 diabetes. You are unlikely to be experiencing any symptoms with prediabetes.

**What to do now?**

Lifestyle changes are the cornerstone for reducing risk of diabetes.

* **Losing weight and having a Healthy Diet**: A Healthy Balanced Diet. There is some evidence for Mediterranean, DASH diet, whole foods plant based and low carbohydrate diets but the most important changes are ones patients are motivated to stick with.
* **Increased Physical Activity**: <https://movingmedicine.ac.uk/wp-content/uploads/sites/5/2021/04/Diabetes_Patient_info_leaflet_2020.pdf>
* **Healthy sleep** ([**https://www.wellbeinglothian.scot/area/better-sleep/**](https://www.wellbeinglothian.scot/area/better-sleep/)
* **Stress management**([**https://www.wellbeinglothian.scot/area/dealing-with-stress/**](https://www.wellbeinglothian.scot/area/dealing-with-stress/)
* Harmful substance avoidance (alcohol/smoking)

**Resources NHS Lothian Offers:**

* Lets prevent Diabetes program: <https://apps.nhslothian.scot/files/sites/2/Lets-Prevent-Diabetes-Leaflet.pdf>
* Adult Weight Management Service (self-refer): <https://services.nhslothian.scot/awmt2d/>

**What now?**

You have been coded as pre-diabetes in our system and will be called annually for a repeat blood test in one year time.

Please get in touch sooner if you develop any symptoms like:

* Increase Thirst
* Increase frequency of urine
* Change in eyesight
* Weight loss
* Lethargy
* Thrush oral/genital

If you have any questions, please make an appointment with the Practice Nurse to discuss further.

October 2023