

### **Prediabetes**

- Blood glucose levels are elevated, but not as much as in full diabetes
- Prediabetic individuals will have a fasting blood glucose level of 100-125 mg/dL
- Many individuals with prediabetes are likely to develop type 2 diabetes mellitus within 10 years of developing signs of prediabetes

### **Diagnosing diabetes**

- Fasting plasma glucose levels are measured, and a glucose tolerance test is performed to test for diabetes
- Random measurements of plasma glucose may give the first indication of prediabetes or diabetes
- Fasting plasma glucose levels and a glucose tolerance test confirms the diagnosis
- Normal fasting glucose levels are 60-100 mg/dL
- Plasma glucose levels of 100-125 mg/dL indicate prediabetes
- Levels greater than 125 mg/dL indicate diabetes

### **Symptoms of diabetes mellitus**

- Elevated blood glucose
- Glucose in the urine
- Fatigue
- Lethargy

The disease may affect:

- The eyes
- Heart
- Vasculature
- Kidneys
- Stomach
- Peripheral nerves

Diabetes can also cause erectile dysfunction. It promotes atherosclerosis, increasing the chances of an individual suffering from a stroke or heart attack.

### **Treatment of diabetes mellitus**

- Strict diet
- Frequent blood glucose tests
- Exercise
- Insulin injections, typically required by individuals with type 1 and occasionally type 2

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