



## What Does It Mean to Have Prediabetes?

Prediabetes means a person's blood glucose (sugar) level is higher than normal, but not high enough yet for a diagnosis of type 2 diabetes. If left untreated, prediabetes can progress into type 2 diabetes. One in 3 American adults has prediabetes, but only 10 percent of them know they have it. There usually aren't any symptoms when you have prediabetes. Take the risk test [HERE](#) to know where you stand. Talk to your doctor to know for sure. A simple blood test can confirm if you have prediabetes.

### Causes

Insulin is a hormone made by your pancreas; it acts like a key to let blood sugar into cells for use as energy. If you have prediabetes, the cells in your body don't respond normally to insulin. Essentially, your pancreas makes more insulin to try to get the cells to respond. Eventually, your pancreas can't keep up and your blood sugar rises, setting the stage for prediabetes—and type 2 diabetes down the road.

### Reversing Prediabetes

With early diagnosis, prediabetes can often be ameliorated. You can learn how to make small changes to help reverse prediabetes and prevent type 2 diabetes. Start with these tips approved by the Centers for Disease Control and Prevention (CDC):

- **Manage weight:** Losing just 5–7 percent of your body weight can make the difference in reducing your risk of type 2 diabetes. Start small. Then slowly add changes to your diet and exercise routine.
- **Get active:** Create an exercise schedule—and then try to stick to it! Get at least 2.5 hours of moderately-intense activity every week. Taking 30-minute walks 5 days per week is a good goal.
- **Eat healthier:** Roast, broil, grill, steam, or bake your food. Avoid frying. Low-fat doesn't mean low-flavor. Jazz it up with herbs and spices.
- **Quit smoking:** Consult with your doctor about treatments or programs that can help. For free help with quitting, call 1-800-QUIT NOW (1-800-784-8669) or visit [cdc.gov/tips](http://cdc.gov/tips).

For support and more information on prediabetes, make an appointment with Legacy wellness coach Amy Sonnier.

Source: [doihaveprediabetes.org](http://doihaveprediabetes.org)

## Take Early Action to Prevent Flu, Curb COVID

As the flu season approaches in the U.S., health experts are warning that the addition of another respiratory illness on top of the ongoing COVID-19 pandemic could overburden the healthcare system, strain testing capacity, and increase the risk of catching both diseases at once.

Unlike COVID-19, the flu is a familiar foe, and a safe and effective vaccine is readily available. This year, it is more important than ever to get one.

Although the infection fatality rate of flu is less than 0.1 percent, roughly 10 times less than that of COVID-19 (current estimates range from 0.5 percent to 1 percent), it still kills 30,000 to 60,000 Americans every year.

Flu shots are currently available at Legacy. Get yours today!

- Flu hospitalizations: 490,600
- Flu deaths: 34,200
- COVID-19 hospitalizations: 507,933
- COVID-19 deaths: 241,069

*Flu data from the 2018-2019 season;  
COVID-19 data as of Nov. 12*

Sources: University of California San Francisco, CDC, and [covidtracking.com](http://covidtracking.com)

## Dangers of Vaping

- Vaping is less harmful than smoking, but it's still not safe. It is particularly dangerous for people who modify their vaping devices or use black market modified e-liquids and vaping products containing tetrahydrocannabinol (THC).
- Research suggests vaping is bad for your heart and lungs. Nicotine is the primary agent in both regular cigarettes and e-cigarettes, and it is highly addictive.
- Electronic cigarettes are just as addictive as traditional ones. Research suggests nicotine may be as addictive as heroin and cocaine. Many e-cigarette users get even more nicotine than they would from a tobacco product through extra-strength cartridges, a higher concentration of nicotine.
- E-cigarettes aren't the best smoking-cessation tool. Most people who intended to use e-cigarettes to kick the nicotine habit ended up continuing to smoke both traditional and e-cigarettes.
- A new generation is getting hooked on nicotine. Among youth, e-cigarettes are more popular than any traditional tobacco product.

Sources: Johns Hopkins Medicine