[IMAGE]

Even Pre-Diabetes Is Risky

By Editorial Staff

Don't have type 2 diabetes? That's good news. The bad news is your blood sugar may still be high enough to cause heart and kidney disease. Both conditions have been associated with a diabetes diagnosis, but new research suggests even non-diabetes sufferers whose blood sugar levels are elevated have a greater risk of developing either disease.

Researchers evaluated a national sample of more than 27,000 adults over four survey periods from 1988-2014 as part of the National Health and Nutrition Examination Surveys (NHANES). By 2014, people with pre-diabetes (fasting blood glucose of 100-125 mg/dL or 5.7-6.4 percent hemoglobin A1c) also had risk factors for heart and kidney disease, including high blood pressure, high cholesterol, reduced kidney blood filtration and elevated urinary albumin. Findings were published in *The Lancet Diabetes & Endocrinology*.

glucose level - Copyright â Stock Photo / Register Mark Pre-diabetes is on the rise, and as you might expect, so is diabetes. In the vast majority of cases, diet and exercise are both the cause and the solution: improper diet and lack of exercise lead to fasting high blood sugar and eventual diabetes, while a healthy diet and consistent exercise keep blood sugar in the safe range. Your doctor can tell you more about risk factors for type 2 diabetes and how to keep your blood sugar balanced throughout the day – every day.

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