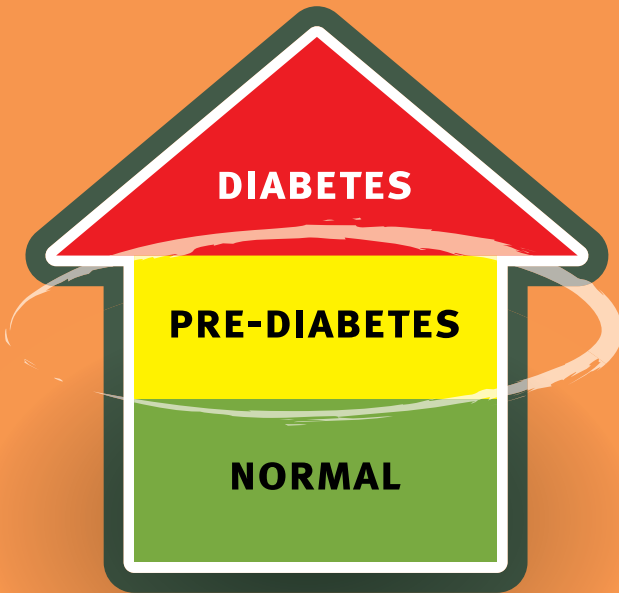


WHAT IS PRE-DIABETES?

A GUIDE TO UNDERSTANDING PRE-DIABETES

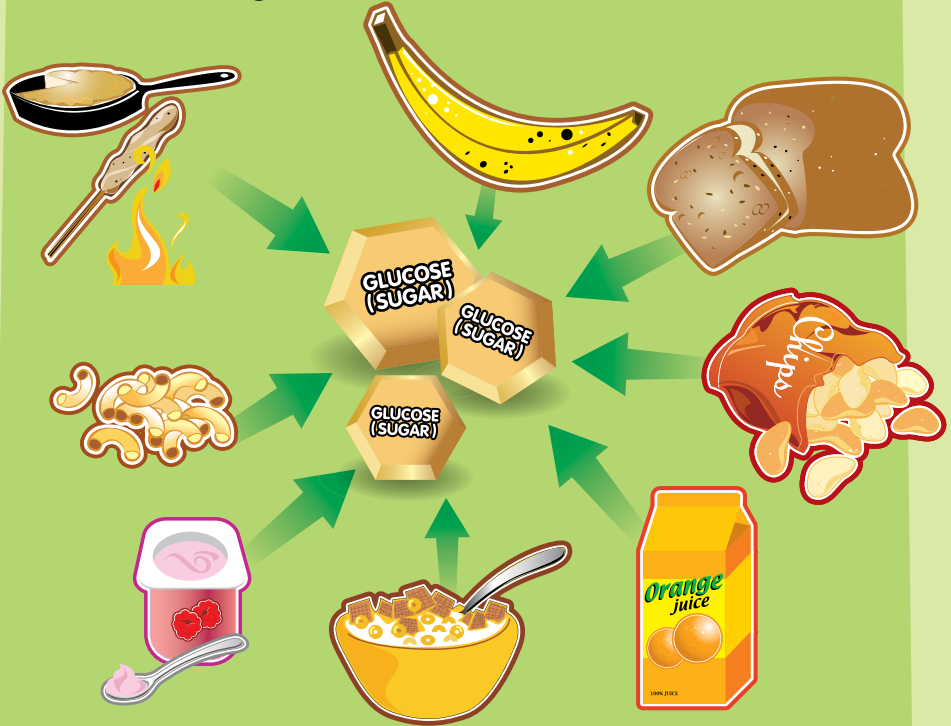


Conseil Cri de la santé et des services sociaux de la Baie James
Cree Board of Health and Social Services of James Bay

WHERE SUGAR COMES FROM

In this booklet, glucose means the kind of sugar found inside our body (blood sugar).

Sugar comes from most of the food we eat. **Not just sweet tasting food.**



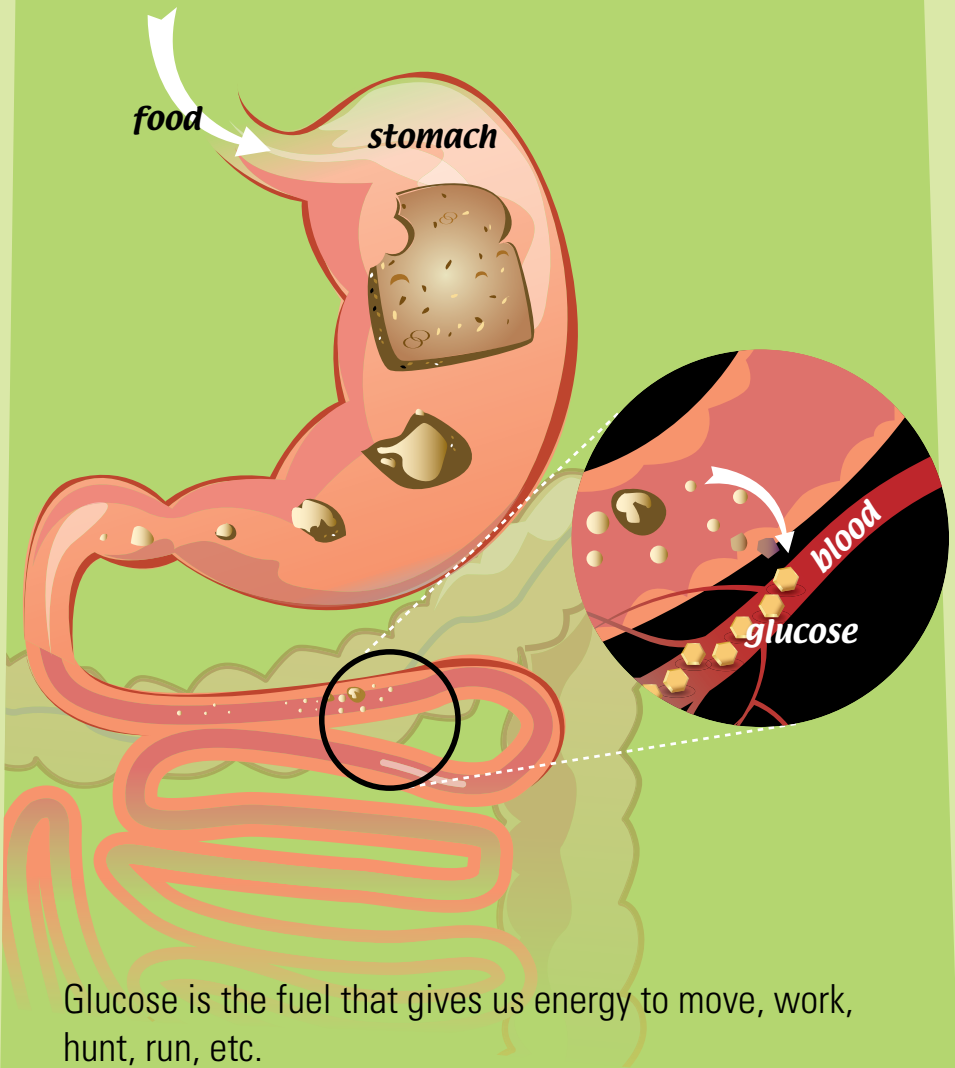
Food that contains sugar includes:

- Anything made of flour (bannock, bread, pasta, etc.)
- Rice, potatoes, corn and cereals
- Fruits and fruit juices
- Milk and yogurt
- Desserts, sweets and sweet drinks

Meat, fish, cheese and eggs do not contain sugar.

HOW THE BODY WORKS

When we eat, the sugar from the food goes into the blood. The blood carries the sugar (glucose) to the different parts of the body (muscles, heart, brain, etc.).

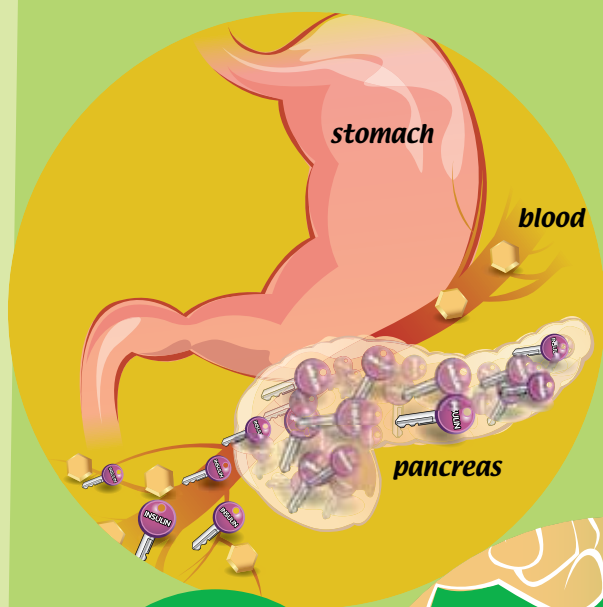


Glucose is the fuel that gives us energy to move, work, hunt, run, etc.

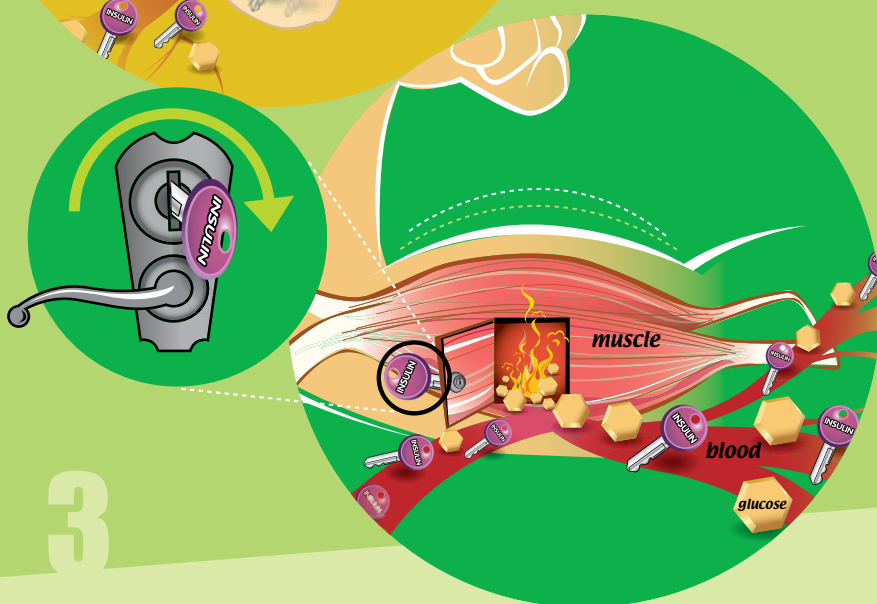
HOW THE BODY WORKS

To get the glucose from the blood into the different parts of the body, we need a **key**. The key is called **insulin**.

The **pancreas** makes insulin. The quantity of insulin needed depends on the food we eat. This is how our pancreas keeps our blood glucose level healthy.



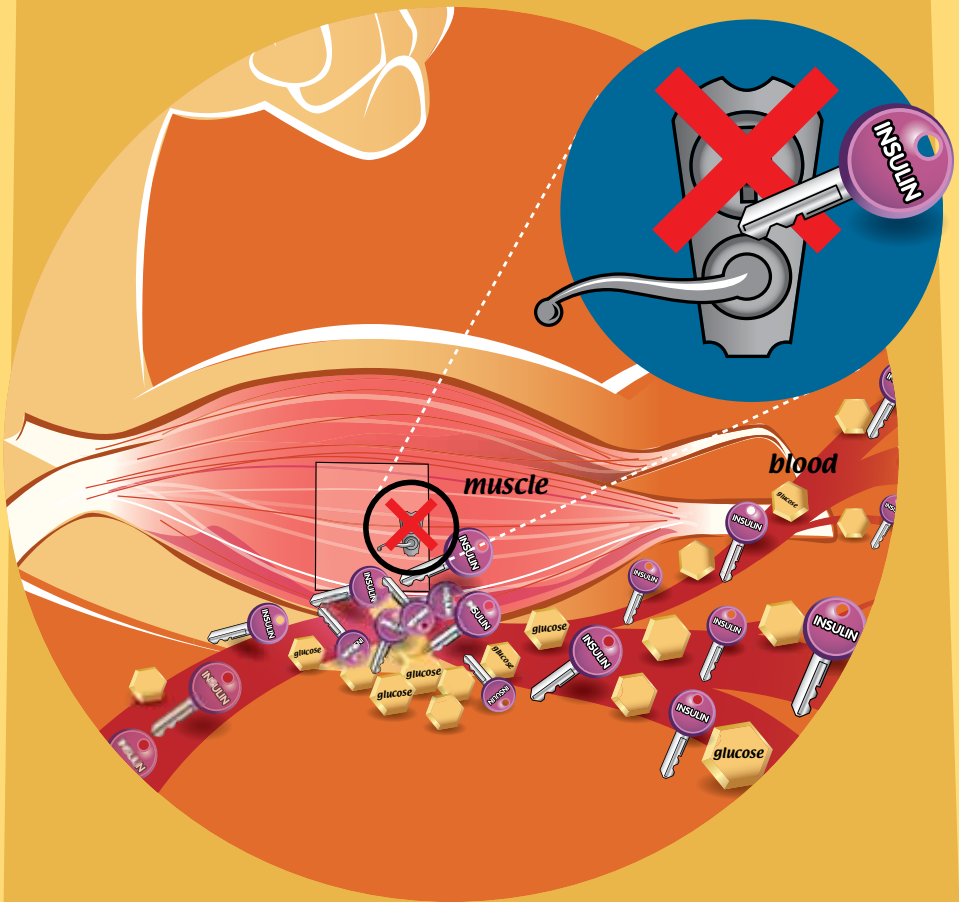
Insulin allows glucose to enter the different parts of the body to be used for energy.



PRE-DIABETES

In pre-diabetes, insulin made by the pancreas can't open some locks. Blood glucose can't enter parts of the body and **builds up in the blood**.

This is called **insulin resistance**.



PRE-DIABETES

Blood glucose starts to rise because of insulin resistance. A blood glucose level just a bit higher than normal is called **pre-diabetes**.

The best way to know if you have pre-diabetes is to have your blood checked every one to two years at the clinic, from the age of 10.

Talk to your health care team to decide which blood glucose test is best for you.

**FASTING
BLOOD GLUCOSE
TEST**

**2 HOURS AFTER
A SWEET DRINK
TEST (75g)**

ABOVE 6.9

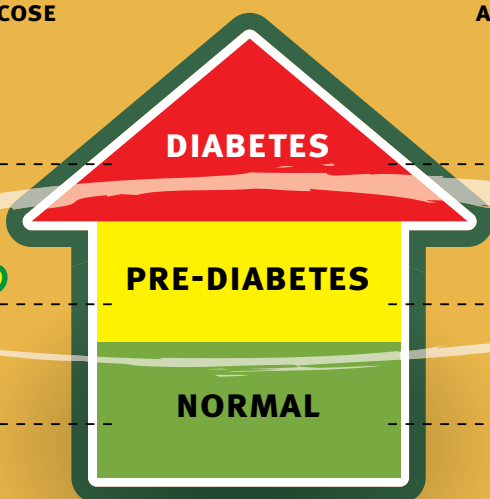
ABOVE 11.0

**BETWEEN
6.1 AND 6.9**

**BETWEEN
7.8 AND 11.0**

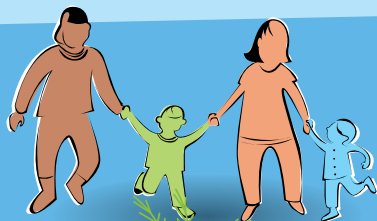
BELOW 6.1

BELOW 7.8



HOW TO KEEP BLOOD GLUCOSE HEALTHY

1 Be more **active**

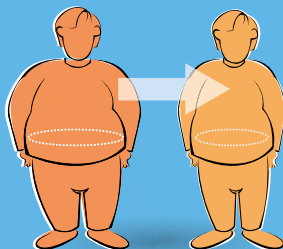


2 Choose **healthy food**



3 Certain **medications** can help prevent diabetes, talk to your health care team

4 Lose **a few pounds**:
Even **small changes** can help a lot



Pre-diabetes is a warning sign.
You can prevent diabetes by
adopting a healthy lifestyle.

UNHEALTHY LIFESTYLE

HEALTHY LIFESTYLE

CHOOSE A HEALTHY PATH!

Tel.: 418-923-3355



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and for different language versions, go to:
<http://creehealth.org/library/what-is-pre-diabetes>

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