

## **Prediabetes vs. diabetes: Pay attention to both**

**\*\*\*SOT\*\*\***

**Dr. Uche Allanah (EW-chay // ah-LA-nah), internal medicine physician at OSF HealthCare in Danville, Illinois**

**"It's important to identify prediabetes because you can stall the development of diabetes and actually prevent a patient from becoming diabetic." (:09)**

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**"Eat right. Avoid processed food. Exercise. A lot of people are sedentary, especially due to the pandemic. People who went to the gym no longer workout. Even now that the stay-at-home orders have been lifted, some people are just not back into their previous lifestyle." (:23)**