

Prediabetes vs. diabetes: Pay attention to both

Run time - :36

LEDE: Prediabetes is when you are at risk for diabetes because your blood sugar is higher than normal. The problem: people with prediabetes don't have symptoms. Tim Ditman of OSF HealthCare has more.

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OSF physician Uche Allannah (EW-shay // ah-LAH-nah) says a blood test is needed to diagnose diabetes and start treatment to prevent full blown diabetes, which can be deadly.

*SOUNDBITE: "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."*

I'm Tim Ditman.

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TAG: People who are at risk for prediabetes include: those who are obese, have sleep apnea, women with PCOS and people with a family history of the disease.