

# Understanding



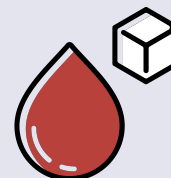
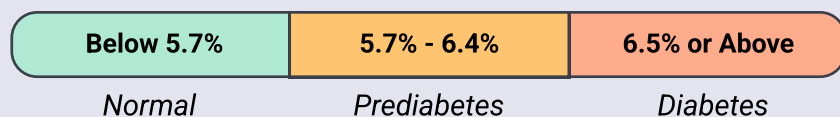
## Metabolic Health and Prediabetes

**Metabolic health shows how well your body processes and uses energy.** It involves keeping blood sugar, blood pressure, cholesterol, and weight in balance and reducing inflammation.

When your metabolic health starts to decline, your body gives signals that can be seen in labs like an **A1C test** that you have done at your doctor's office. When your A1C has risen above a healthy level, your doctor may diagnose you with **prediabetes**.

### What is an A1C Test?

One of the early signs of poor metabolic health is an increase in blood sugar. Your doctor may order an A1C test to check your metabolic health. This test measures your average blood sugar over the past 3 months. Think of it like a "report card" for how your metabolism has been managing sugar.



### But it's just prediabetes, do I really need to worry?

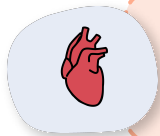
Prediabetes means that you have elevated blood sugar levels, they just aren't high enough yet to be considered type 2 diabetes.

Even slightly elevated blood sugar levels can lead to inflammation and cause damage to your blood vessels, preventing blood flow and oxygen from getting to important organs like your heart, eyes, brain, and kidneys. This can increase your risk of heart disease, stroke, and other long-term health problems.

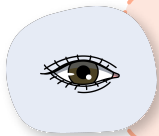
**Yes!**  
Prediabetes is a wake-up call

**This damage can start occurring long before you get diagnosed with type 2 diabetes.**

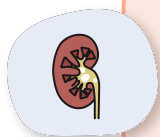
### Prediabetes is associated with problems in these organs:



**Heart:** Inflammation and changes in blood vessels that increase the risk of heart disease, heart attacks, and stroke.



**Eyes:** Swelling or leakage in small blood vessels of the retina, which can affect vision over time.



**Kidneys:** Signs of kidney stress, including protein leaking into the urine, which is an early warning sign of kidney damage.



**Brain:** Cholesterol build up and inflammation leading to memory problems and reduced brain function.

## Understanding Your Labs

Your care team uses several lab tests to get a picture of your metabolic health. Together, these numbers show how well your body is managing energy, blood sugar, and fat. Keep in mind that one elevated lab doesn't paint the full picture of your health.

Talk to your care team if you have concerns or questions about your labs.

## Improving Your Metabolic Health



Think of prediabetes as your wake-up call. It's a signal that your blood sugar and overall metabolic health need attention.

**The good news?** Even small lifestyle changes can lower your risk of serious issues like diabetes, heart conditions, and kidney disease, and protect your health for years to come.

**Pick a manageable health goal that you can work towards before your next appointment.**

Here are some examples:

**Focus on Nutrition:** Track your meals for 3 weeks and focus on reducing sugary, highly processed foods like soda, white bread, and sweets.

**Increase Movement:** Add a few extra minutes of movement every day. Try daily 5 minute walks, breaks from sitting to stand and stretch, or dancing to your favorite song.

**Improve Sleep:** Aim to get 7-8 hours of sleep each night by practicing good sleep hygiene like keeping a regular bedtime schedule, making time to wind down before bed, and removing screens from your bedroom.

### Hemoglobin A1C

A blood test that measures your average blood sugar over the past 3 months.

Below 5.7%

Normal

5.7% - 6.4%

Prediabetes

6.5% or Above

Diabetes

### Triglycerides

Triglycerides are a type of fat that stores extra calories in your body. High triglycerides can be a sign of metabolic stress and are linked with a higher risk of heart disease and inflammation in your pancreas.

Below 150 mg/dL

Normal

150 mg/dL or Above

High

### ALT/AST

ALT/AST are enzymes found in liver cells. Mild elevations can signal liver inflammation caused by poor metabolic health.

Below 40 U/L

Normal

40 U/L or Above

High

### HDL Cholesterol

HDL is "healthy cholesterol" that clears fat from your body. Low HDL can be another sign of metabolic health problems.

Men

Below 40 mg/dL

Abnormal

40 mg/dL or Above

Women

Below 50 mg/dL

Normal

50 mg/dL or Above

### LDL / Non-HDL Cholesterol

These labs look at cholesterol that can build up in blood vessels and increase the risk of heart disease.

**Non-HDL cholesterol includes all "unhealthy" cholesterol, with LDL being the most common type.** When someone is metabolically unhealthy, these numbers are often higher. If elevated, your care team may recommend lifestyle changes and, in some cases, medication to lower risk.

