



Prediabetes: An Opportunity to Change the Course

Prediabetes is often discovered during a routine blood test, sometimes in people who feel completely well. It means that blood glucose levels are higher than normal but have not yet reached the diabetes range.

Rather than viewing prediabetes simply as a “borderline sugar” result, it is more useful to see it as an **early warning sign—and an opportunity to intervene before Type 2 diabetes develops.**

Prediabetes Is Part of a Bigger Metabolic Picture

Prediabetes frequently occurs in the setting of insulin resistance. The body becomes less responsive to insulin, and the pancreas initially compensates by producing more of it. Over time, maintaining normal glucose levels may become increasingly difficult.

Prediabetes may coexist with excess abdominal weight, abnormal cholesterol, high blood pressure, fatty liver, PCOS and other metabolic risk factors. A family history of Type 2 diabetes or previous gestational diabetes can further increase risk.

This is why assessing prediabetes involves looking beyond glucose alone.

Progression to Diabetes Is Not Inevitable

Prediabetes does not automatically mean that Type 2 diabetes will develop.

Improving nutrition, increasing physical activity, managing excess weight and addressing associated metabolic abnormalities can improve glucose regulation and reduce future risk.

For some individuals, medication may also be appropriate depending on their clinical profile.

The Importance of Early Intervention

Waiting for glucose levels to cross the threshold for diabetes misses an important opportunity.

Prediabetes provides a window in which changes in metabolic health can potentially alter the future course of disease. The earlier significant risk factors are recognized, the earlier they can be addressed.

Prediabetes is not simply a number to monitor. It is an opportunity to understand your metabolic risk and act early.