



Health & Well-Being

# Diabetes Myths & Facts

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as Type 2 diabetes. Over 95 million American adults – more than 1 in 3 – have prediabetes. Type 2 diabetes is when your cells are not responding normally to insulin, you are insulin resistant. Your pancreas produces more insulin but eventually it cannot keep up, resulting in a Type 2 diabetes diagnosis.

## Resources



A dedicated coach to support member



Actionable steps to improve conditions



Ongoing communication with a dedicated health coach

**Myth:** People with diabetes cannot be active

**Fact:** This is untrue, as exercise plays a key role in the management of diabetes.

**Myth:** Diabetes is not a serious disease.

**Fact:** Diabetes is a serious disease. Diabetes causes more deaths per year than breast cancer and AIDS combined.

**Myth:** Sugar alone causes diabetes.

**Fact:** Diabetes and prediabetes are not directly caused from overeating sugary foods.

**Myth:** You can cure or reverse a Type 2 diabetes diagnosis.

**Fact:** There is no known cure for diabetes. Prediabetes is, however, reversible, and curable.

**Myth:** People with diabetes are more susceptible to colds or other viral illnesses.

**Fact:** There is no increased risk of getting the flu or cold than someone without diabetes.

**Myth:** Prediabetes always leads to diabetes

**Fact:** Prediabetes can lead to Type 2 diabetes. With lifestyle changes a diabetes diagnosis can be prevented or delayed.

**Myth:** Obesity always leads to diabetes

**Fact:** Obesity increases the risk of diabetes, but it does not inevitably lead to the disease.

**Myth:** Diabetes only affects someone's physical health

**Fact:** Managing diabetes can be overwhelming, stressful, discouraging, and affect mental health.

**Myth:** You can 'catch' diabetes

**Fact:** This is false as medical professionals classify diabetes as a noncommunicable disease and it is not caused by pathogens.

**Myth:** Diabetes always results in blindness or amputation

**Fact:** Diabetes can lead to blindness and amputations, but it is rare and when diabetes is managed, it lowers the risk.

**Prediabetes:** Those with an A1C level of 5.7% to 6.4% or greater A1C or fasting plasma glucose of 100-125 mg/dL are diagnosed with prediabetes. Any A1C level above 6.5% or fast plasma glucose over 125mg/dL are diagnosed with type 2 diabetes.

**A1C Test:** Measures the percentage of red blood cells that have sugar-coated hemoglobin. Higher A1C levels can help identify prediabetes and potential diabetes complications.

**Blood Sugar:** Food that is consumed is broken down into blood sugar (glucose) that fuels cells in your body. When blood sugar levels are too high, the body produces insulin to get blood sugar into the cells. Over time, cells can stop responding to insulin and become insulin resistant. The pancreas attempts to keep up, but blood sugar keeps rising.

**Fasting Blood Sugar Test:** Measuring blood sugars following an overnight fast. Fasting blood sugar level of 100-125 mg/dL (milligrams per deciliter) is classified as prediabetes. Blood sugar level of 125 mg/dL or higher is classified as diabetes.

**Type 2 Diabetes:** When your cells are not responding normally to insulin, you are insulin resistant. Your pancreas produces more insulin but eventually it cannot keep up, resulting in a Type 2 diabetes diagnosis.

**Insulin:** A hormone produced by the pancreas that lets your body allow blood sugar into the cells for your body to use for energy.