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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Pre-Diabetes: The Calm Before the Storm

By David Anderson

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Remember when the medical world identified pre-hypertension to better monitor your blood pressure? The new buzz: "Pre-Diabetes" concerns a similar condition pinpointing people who are at severe risk for getting diabetes. Because diabetes silently invades your body, early detection and corrective action are critically important.

The goal with identifying pre-diabetes is to prevent the onset of diabetes from ever happening.

How do you know if you need testing for pre-diabetes? Good question. The truth is- You may not know. It's our human nature to wait until our body produces a pain or ache before we visit the doctor's office. With pre-diabetes, noticeable symptoms like frequent thirst and urination may not occur until the disease has progressed and is already causing considerable damage to your body. Most Type 2 diabetics don't have symptoms because the onset of diabetes is so slow.

Your physician can determine if you have pre-diabetes with two common tests. The fasting plasma glucose test (FPG) and the oral glucose tolerance test (OGTT). Both require an overnight fast.

The good news is that you can likely prevent diabetes with early detection and proper care.

Don't wait 'til it hurts. Ask your doctor about diabetes and have your blood sugar checked several times a year.

For more information about diabetes, including a Diabetes Quiz and a Free booklet, visit our website at:

<http://hope4diabetes.com/info>

This 20 page FREE booklet will provide you with in-depth information on comprehensive diabetes care. The 7 principles, or steps, will help you to understand, manage and diagnose your potential diabetes risk.

Pre-Diabetes: The Calm Before the Storm

It could help you live a longer and more active life. The booklet is Yours absolutely FREE – No Risk! Share it NOW with the people you love and want to Keep alive!

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Four Types Of Diabetes! Which Are You?

By Melvin H.Gill

Type 1 diabetes Results from the body's failure to produce insulin, the hormone that unlocks the cells of the body, allowing glucose to enter and fuel them. It is estimated that 5–10% of Americans who are diagnosed with diabetes have type 1 diabetes.

Having type 1 diabetes increases your risk for many serious complications. Some complications of type 1 diabetes include: heart disease (cardiovascular disease), blindness (retinopathy), nerve damage (neuropathy), and kidney damage (nephropathy).

Type 2 diabetes Results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Most Americans who are diagnosed with diabetes have type 2 diabetes.

Having type 2 diabetes increases your risk for many serious complications. Some complications of type 2 diabetes include: heart disease (cardiovascular disease), blindness (retinopathy), nerve damage (neuropathy), and kidney damage (nephropathy). Learn more about these complications and how to cope with them.

Gestational diabetes Gestational diabetes affects about 4% of all pregnant women – about 135,000 cases in the United States each year.

Because gestational diabetes can hurt you and your baby, you need to start treatment quickly. Treatment for gestational diabetes aims to keep blood glucose levels equal to those of pregnant women who don't have gestational diabetes. Treatment for gestational diabetes always includes special meal plans and scheduled physical activity. It may also include daily blood glucose testing and insulin injections. You will need help from your doctor, nurse educator, and other members of your health care team so that your treatment for gestational diabetes can be changed as needed.

For the mother-to-be, treatment for gestational diabetes helps lower the risk of a cesarean section birth that very large babies may require. Sticking with your treatment for gestational diabetes will give you a healthy pregnancy and birth, and may help your baby avoid future poor health. (see Diabetes Symptoms)

Pre-diabetes Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. There are 41 million Americans who have pre-diabetes, in addition to the 20.8 million with diabetes.

7% of the population has Diabetes! Information on Diabetes Symptoms at



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