

Medications for Prediabetes

While you're adding healthy food choices and exercise into your life, your healthcare provider may recommend an oral medication to manage your prediabetes.

For example, the Diabetes Prevention Program study shows that for some people the medication Metformin can reduce the risk of developing Type 2 diabetes by about 30%.

Today, advances in insulin resistance research shows that there are also other medications that may help improve how your body uses glucose. Talk to your healthcare provider about your medication options.

Many people with prediabetes also have high blood pressure and unhealthy cholesterol levels which increases your risk of heart disease.

Your healthcare provider may prescribe blood pressure and cholesterol medications to further reduce your risk of serious heart complications.

It is important to take all of your medications as prescribed, even if you are feeling good.

Some medications have shown benefits that you may not be able to notice. Make sure you understand your prescriptions, and if you have any questions about your medications or any of the possible side effects, ask your doctor or pharmacist.

But remember, medications do not take the place of healthy lifestyle changes. Changes including making healthy food choices and getting regular physical activity can reduce your risk of developing Type 2 diabetes by 58%.

Making healthy lifestyle changes together with medications if prescribed can give you the best tools possible for reducing insulin resistance and preventing or delaying Type 2 diabetes today and in the future.