

Finding the Support You Need When You Have Prediabetes

Being diagnosed with prediabetes can be surprising and emotional.

“They did some blood-testing and the doctor told me that my levels were very high, and that I was prediabetic. Which was a shock, because we really don’t have any diabetes in our family, and I always thought it was a hereditary type of thing.”

You probably didn’t think anything was wrong and may be embarrassed to admit you need to make changes. But you are not alone. Many people have Prediabetes. Look at your diagnosis as a chance to make key lifestyle changes now, before you develop Type 2 Diabetes. And to do that, take a look at your current eating and exercise habits and set healthy goals to help you make slow, gradual changes.

Changing the way you live can be difficult. You can’t do it alone. It is important to find support to set your goals and stay motivated to reach them. Luckily, you can find support in many places. Start with your family. Years of unhealthy eating and exercise habits may have led to your prediabetes. And the best place to begin to change those habits is at home. But you can’t do it without the support of those around you.

“My husband is also prediabetic, so that makes it easier for me, so I don’t have to plan and cook different kinds of meals. We can eat the same thing.”

Together with your family make changes to the way you eat and the amount you exercise. If they know and support the changes you are trying to make it can be easier on you.

Watching and supporting you while you make changes, may just motivate the rest of your family to make some changes as well. Not only will you benefit with better glucose control, your entire family will enjoy positive results as well. When you get frustrated or need encouragement, your family can help you through the challenges. Lean on them. You may be surprised at how willing they are to help you and you may feel closer as a result.

“It’s absolutely nice to have somebody to go through this process with you, so I don’t have to sit there and watch him eat a bowl of ice cream, and me say, “Oh, I can’t have that,” you know?”

Friends can also support you. We all need an extra push every now and then and your friends can provide that. Maybe one of your friends has a fun, active hobby that you would like to try. Don’t be afraid to tag along and try something new.

Your friends can also help you stick to your goals but only if they know about the changes you are trying to make. Make sure you tell them what you are trying to do, and instead of grabbing ice cream after work, suggest a walk around the park instead.

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Some people find attending a support group is also helpful. Contact your local hospital, healthcare provider, or visit www.diabetes.org/in-my-community/ to find a support group in your area. And don't forget about your healthcare provider. She is also there to help. If you are having trouble reaching your goals ask her to help you figure out why. Discuss the challenges you face and get feedback on your progress. You may be doing better than you think.

When you begin to make healthy lifestyle changes to reduce insulin resistance and prevent or delay Type 2 diabetes, reach out and get the support you need to be successful. You can't do this alone. Talk to your family, friends and healthcare provider to make changes and stay motivated.