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Dear Patient,

You have recently had a blood test which checks to see if you have diabetes. This is called an HbA1c and shows how much of your blood has sugar attached to it. If the result is 6.5% or above, then we call this diabetes.

If your blood test is between 6.0% and 6.4% then you do not have diabetes but are at risk of developing it. We call this “**pre-diabetes**” and 5-10% of patients with pre-diabetes develop type 2 diabetes in a given year.

Your blood test shows that you have pre-diabetes

So what should you do?

1. **Reduce your weight.** If you don't know what to do, talk to your doctor or nurse or call Live Life Better on 0800 0852299.
2. **Eat a healthy diet and have regular meals** to keep your blood sugar stable.
3. **Increase your exercise.** How much exercise you do depends upon your age. 150 minutes per week is a reasonable figure to start with and the type of exercise depends on what you can manage to do. If you need help, talk to your doctor or nurse or call Live Life Better Derbyshire - 0800 085 2299 or 01629 583200 lld.info@derbyshire.gov.uk
4. **Have your HbA1c sugar blood test checked every year.**
5. **Ask your GP to refer you, or self-refer, to the Diabetes Prevention Programme** – this is an education programme that runs over a few months and will provide you with everything you need to prevent diabetes. You'll need your NHS number, the value of your HbA1c and the date it was done (it has to be in the last 12 months) to self-refer. You can do this by telephoning 0333 577 3010 or go online to www.preventing-diabetes.co.uk/self-referral/

More information is available here or from your nurse or doctor:

<https://www.diabetes.org.uk/preventing-type-2-diabetes/prediabetes>

VAT Registration No: 299 9192 23

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