



# Article Side

Treatment of Prediabetes by [Sharen](#)

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Prediabetes is affecting millions of people around the country, and is considered to be quite deadly. If you have been diagnosed with prediabetes, then you might certainly want to get treated, so that you can avoid the risk of diabetes. While it is certainly a dangerous condition, prediabetes can be treated with a good amount of hard work and perseverance. You will have to be willing to work out a lot so that you can reduce the risk of being diagnosed for diabetes. The goal is to reduce your weight, so that your body will get into a much healthier shape.

Good exercise is one of the pre-requisites for treating prediabetes. Reducing around 10% of your body weight is advised once you have been diagnosed with prediabetes. For this you will have to follow a strict diet and not give into any temptations. You need to remember that if you get diabetes, you will face further complications down the road, so it is certainly advisable to stay away from any sort of temptations in the matter of food. If you eat a healthy diet, you will be able to gradually bring down your weight, which in turn will rid you of prediabetes soon.

Then there is the exercise itself. Around 150 hours of exercise per week is the minimum amount suggested by the American Diabetes Association. You can choose multiple ways to give your body a good work out, but make sure that you do not overdo it, or do not give a heavy strain to your body. Once you get into a regular routine of exercising, you will find that it is easier to keep it up, and you will not find it difficult to start doing it on a daily basis. This is certainly healthy for treating prediabetes.

Another important thing to remember is that you should strictly cut down on smoking in case you happen to be a regular smoker. It is not advised to go cold turkey, but gradual reduction will help a lot, and the ultimate goal should be to give up smoking altogether. This is mandatory in treating prediabetes. So if you are a smoker, you need to give it up if you want to stand a chance of getting rid of prediabetes. If you are adamant and continue smoking one or two cigarettes on the sly, you will find it much harder to get rid of this condition.

While it is certainly a scary phase, being diagnosed with prediabetes is not the end of the road. You can still live a perfectly normal, regular life. You need not make any sort of heavy sacrifices or changes. Some simple changes to your lifestyle will allow you to get rid of prediabetes faster, and then you will not have to worry about being diagnosed for diabetes at all. So if you are suffering from the effects of prediabetes, do remember to keep these points in mind so that you can be fully treated, and can lead a happier life.

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