

Soundbite Script – Getting Prediabetes Under Control

Tanya Munger, Nurse Practitioner, OSF HealthCare Endocrinology

“Prediabetes is a serious health condition where the blood glucose levels are higher than normal, but they’re not in a high enough range to be considered type 2 diabetes,” says Tanya Munger, nurse practitioner for OSF HealthCare Endocrinology. “Roughly one in three Americans have prediabetes and 84 % of those people don’t even know that they have it.”

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“In prediabetes the pancreas is working harder and harder to make more insulin to keep up and eventually it can’t keep up and that’s when it develops into type 2 diabetes,” says Munger. “Some of the things that contribute to it is a lack of exercise, we really need to engage in physical activity, modifying our diet is another thing, being obese and having a family history of type 2 diabetes.”

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“Roughly 25 % even up to 30 % of patients with prediabetes can develop type 2 diabetes and that happens pretty quickly,” says Munger. “If you’ve been told you have prediabetes and you don’t start making those lifestyle modifications or changes, it can convert into type 2 diabetes within three to five years.”

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“Type 2 diabetes is a full-time job with no weekends, no holidays, and on your sick days you’re working overtime,” says Munger. “It really impacts every aspect of your life and that does impact your quality of life as well. So if we can prevent it you’re going to be in a lot better shape.”