



# Pre-Diabetes: Turn It Around

A warning sign — and one of the best chances you'll ever get to act early

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PATIENT GUIDE

Dr Reguram Sandrasegaram • Young Street Medical & Dental Centre

**Not diabetes — and you can still change the path.**  
Pre-diabetes means your blood sugar is higher than normal, but not yet in the diabetes range. With a few real changes, many people bring it back to normal — and protect their heart at the same time.


 **6.0–6.4%**  
HbA1c range that puts you in the pre-diabetes zone

 **Up to 58%**  
lower risk of diabetes with lifestyle change


 **1 in 3**  
people with pre-diabetes return to normal range

## Why it matters now

 **A real window of time**  
Pre-diabetes builds quietly over years. Catching it now — before complications start — is the best moment to act.

 **Your heart matters too**  
Even at the pre-diabetes stage, blood pressure, cholesterol and heart risk are already nudging up — so changes protect more than your blood sugar.

 **Family history isn't destiny**  
Genes load the gun; lifestyle pulls the trigger. The habits you choose now have a bigger effect than your family tree.

 **Small numbers, big shifts**  
Losing 5–10% of your weight can move your HbA1c back down meaningfully — you don't need to be perfect.

**What do the numbers mean?**  
HbA1c is your average blood sugar over about three months. Below 6.0% is normal; 6.0–6.4% is pre-diabetes; 6.5% or above is diabetes. We'll usually recheck every 6–12 months to see how you're tracking.



# Your Action Plan

The changes that work, and when to come back

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## Six changes that move the needle



### Move 30 min, most days

Brisk walking, swimming, cycling — anything that lifts your heart rate. Two short walks count just as well as one long one.



### Build a little muscle

Resistance work twice a week — bodyweight, bands, or weights. Muscle uses sugar even at rest.



### Smarter on the plate

Half the plate vegetables, a palm of protein, fewer refined carbs and sugary drinks. Mediterranean-style eating fits well.



### Aim for a small weight loss

Just 5–10% of your current weight can shift your HbA1c — for many that's 5–8 kg, not a transformation.



### Sleep & stress count

Short sleep and high stress push blood sugar up. Aim for 7–8 hours and protect some downtime.



### Quit smoking — biggest single win

If you smoke, stopping protects your heart and kidneys more than almost any other change. Ask us for help.



### See your doctor if you notice:

- Much more thirsty, frequent urinating, or blurred vision
- Unexpected weight loss or feeling very tired
- Symptoms that just don't feel right to you
- A new foot sore, blister, or numbness in the feet



### Your next steps:

- ✓ Book a recheck of your HbA1c in 6–12 months
- ✓ Ask about a GP review and a dietitian referral
- ✓ Pick just one change to start this week
- ✓ Get the family checked — risk often runs together

## A warning — and a real chance

Pre-diabetes is your body asking for a hand. Small steps now save big problems later.

*You don't need to be perfect — just kinder to your body, week after week. — Dr Regu*