



Ask Doctor Dr Karuhanga



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Should I start medication because of my persistent high blood sugar level?

My blood sugar levels have consistently been measuring around 6.7 mmol/L. I maintain a lifestyle without added sugar consumption and engage in regular exercise. Despite these efforts, my readings remain in this range. Could you please advise if this persistent level warrants starting medication? I would also appreciate any insight into why this might be happening and if there are further lifestyle adjustments or tests you would recommend. MNP

Dear NMP

Normal fasting blood sugar for a non-diabetic person should be 70 to 100 mg/dL (3.9 to 5.5 mmol/L), 100 to 125 mg/dL (5.6 to 6.9 mmol/L) is called prediabetes, meaning

that you have higher blood sugar than normal, but not high enough yet to be called a diabetic (7 mmol/L or 126 mg/dL or higher on two separate tests).

Though not everyone with prediabetes may develop diabetes type 2, it is important to carry out lifestyle changes to stem or delay developing diabetes.

A healthy lifestyle focusing on eating fruits, vegetables, and lean proteins while limiting saturated fats, salt or sugar, at least 150 minutes of moderate exercise per week, stopping smoking, weight and stress management done together may help out.

Much of the prediabetes is caused by insulin resistance so that if the lifestyle changes do not help a drug like metformin which improves insulin sensitivity may in addition to lifestyle changes be prescribed.

