



A recent lab test showed that I have prediabetes. How do I avoid diabetes?

November 7, 2017 By [Lucinda K. Porter RN](#)

The Centers for Disease Control and Prevention ([CDC](#)) describes prediabetes as a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. The best way to avoid diabetes is to bring your blood sugar levels back to normal levels. If you do this, you may be able to avoid or reduce the need for prediabetes medication.

The proven method of preventing diabetes involves lifestyle changes. The key changes are weight loss, healthier eating and a minimum of 150 minutes of physical activity a week. This may sound easy in theory, but in practice, it can be challenging to maintain a healthy lifestyle. You may be more successful at change if you have support and guidance. See if there are any [diabetes prevention programs](#) in your community.

November is [Diabetes Awareness Month](#) and a good time for all of us to check our [diabetes risk](#) and make a commitment to stay healthy.

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<http://beta.docker.poz.com/article/recent-lab-test-showed-prediabetes-avoid-diabetes>