Impaired Glucose Tolerance
(Above Normal Blood Sugar Level)

Impaired glucose tolerance (IGT) is diagnosed when:

The blood sugar (first thing in the morning after an overnight fast) is between 110 mg/dl and 125 mg/dl.

OR

The blood sugar two hours after drinking a prescribed amount of glucose (sugar) is between 140 mg/dl and 200 mg/dl.

Even if blood sugar levels are above normal, this does not mean your child has diabetes. The higher blood sugar levels happen when the body is no longer able to make enough insulin to overcome insulin resistance. The primary causes of insulin resistance are being overweight and lack of regular exercise. IGT is sometimes called a "pre-diabetes state."

Risk factors for impaired glucose tolerance:

- Being overweight or obese
- Eating large amounts of sugary foods and drinks
- Lack of exercise
- Family history of insulin resistance, impaired glucose tolerance or diabetes.

If impaired glucose tolerance is not treated:

- There is a risk of chronic health problems early in life. These problems can include nerve damage, kidney damage, eye disease or heart disease.
- There is an increased risk for high blood pressure and / or high cholesterol.
- It is very likely IGT will progress to Type 2 Diabetes in the very near future.

Treatment of impaired glucose tolerance includes:

- Eating a healthy diet. Reducing the amount of fat and carbohydrate in the diet. Eliminating or limiting drinks high in sugar such as regular pop and fruit juice / drinks.
- Eating a variety of fresh foods.
- Eating 3 or 4 small meals and 3 snacks a day.
- Working with a dietitian to develop an individualized meal plan.
- Increasing physical activity - such as walking, biking, swimming, playing a sport or doing chair exercises. Check with your child's health care provider before beginning any exercise program.
- Testing blood sugars at home if recommended.
- Sometimes medication needs to be used to correct IGT. You should always understand how the medication works, what side effects there are and any special precautions that need to be taken while taking the medication.

Treatment of impaired glucose tolerance may stop or delay the development of type 2 diabetes.