

What are the symptoms of Impaired Glucose Tolerance?

People with impaired glucose tolerance usually have no symptoms. People are usually diagnosed after having blood tests for another reason which show that they have a raised blood glucose. If your blood glucose level is raised your doctor may ask you to have a glucose tolerance test to check to chair if you have impaired glucose tolerance..

How is Impaired Glucose Tolerance Treated?

There is evidence that if treated the progression to diabetes can be prevented. Also it may prevent cardiovascular disease from developing. Treatments suggested are lifestyle changes and treatment with medicines.

Lifestyle changes include eating a healthy balanced diet, (low in fat, high in fibre with plenty of starchy foods, fruit and vegetables) lose weight if you are overweight, do some physical activity (30 minutes physical activity 5 times a week is recommended), stop smoking.

What follow-up is needed if you have impaired glucose tolerance?

You should be followed up regularly by the Practice Nurse. This will mean a blood test to check your fasting blood glucose at least once a year. This is to make sure that you haven't developed diabetes..

Further help & Information

Diabetes UK

Telephone 0845 120 2960

[Www.diabetes.org.uk](http://www.diabetes.org.uk)



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CUMBERLAND HOUSE

PRIMARY HEALTH CARE CENTRE

Impaired Glucose Tolerance

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Impaired Glucose Tolerance

If you have impaired glucose tolerance, your blood glucose is raised beyond the normal range but it is not so high that you have diabetes. However, if you have impaired glucose tolerance you are at risk of developing diabetes.

You are also at risk of developing cardiovascular disease (heart disease, peripheral vascular disease and stroke). If impaired glucose tolerance is treated, it can help to prevent the development of diabetes and cardiovascular disease. The most effective treatment is lifestyle changes including eating a healthy balanced diet, losing weight if you are overweight, and doing regular physical activity.

Understanding blood glucose and insulin

After you eat, various foods are broken down in your gut into sugars. The main sugar is called glucose which passes through your gut wall into your bloodstream. However, to remain healthy, your blood glucose level should not go too high or too low.

So, when your blood glucose level begins to rise (after you eat), the level of a hormone called insulin should also rise. Insulin works on the cells of your body and makes them take in glucose from the bloodstream. Some of the glucose is used by the cells for energy, and some is converted into glycogen or fat (which are stores of energy).

When the blood glucose level begins to fall (between meals), the level of insulin falls. Some glycogen or fat is then converted back into glucose which is released from the cells into the bloodstream.

Insulin is a hormone that is made by cells called beta cells. These are part of little islands of cells (islets) within the pancreas. Hormones are chemicals that are released into the bloodstream and work on various parts of the body.

What is a normal blood glucose level?

Your blood glucose level literally refers to the amount of glucose in your blood.

A normal blood glucose ranges between about 4 and 8 millimoles per litre (mmol/L). Blood glucose levels may be at the higher end of the range after eating and at the lower end of the range first thing in the morning.

If your blood glucose is measured by a blood test when you have not been fasting, this is called a random blood glucose level. If your blood glucose is measured after you have been fasting, this is called a fasting blood glucose level. A normal fasting blood glucose level is less than 6 mmol/L.

Note: the terms blood sugar and blood glucose mean the same thing.

What causes impaired glucose tolerance and who gets it?

There are various reasons that can increase your risk of developing impaired glucose tolerance these are being overweight or obese, having a family history of diabetes, doing little physical activity, high blood pressure, high cholesterol, women with polycystic ovaries having diabetes during pregnancy.