

IMPAIRED GLUCOSE TOLERANCE (IGT)

- Impaired Glucose Tolerance (IGT) is a condition closely related to Type 2 diabetes.
- It occurs when the blood glucose level is higher than normal, but not high enough to be classified as diabetes.
- IGT is detected through the same Oral Glucose Tolerance Test that is used to detect diabetes.
- People with IGT have a 1 in 3 chance of developing Type 2 diabetes within 10 years, but this can be minimised through healthy eating and physical activity.
- It is important to note that people with IGT are at a greater risk of developing heart disease than the general population.

What happens in the body with IGT?

- As in Type 2 diabetes, the body produces insulin, but there may be less of it or it may not work properly. It is thought that carrying extra body fat inhibits the effectiveness of insulin.
- Any glucose that reaches the muscle will therefore have its journey delayed.
- If this situation is allowed to continue, blood glucose levels will gradually increase into the diabetes range, resulting in the onset of Type 2 diabetes.

How is IGT treated?

- Healthy eating and physical activity, with the aim of controlling weight and blood lipid levels.



Blood glucose levels that are higher than normal but not high enough to be classified as diabetes characterize Impaired Glucose Tolerance (IGT).



Insulin is produced in lesser amounts or is less effective.



Treatment involves healthy eating and physical activity, with the aim of preventing Type 2 diabetes and cardiovascular disease



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