

**Q: How is prediabetes treated?**

**A: Pavithra Ravinatarajan, Pharmacist & Director, Plan Sponsor Risk Management & Key Accounts Strategy, Manulife:** “If someone has prediabetes oftentimes the first line of therapy is what we call nonpharmacological therapy so it will be lifestyle changes. They will take a look at what your diet looks like and they will ask for modifications there, we used to historically think about the Mediterranean diet as being a recommendation for patients. They will take a look at exercise as well and try to increase your cardiovascular exercise and then sometimes for individuals who do have prediabetes, they may put them on certain medications like metformin for example which will help their body intake sugar a little bit easier.”