

PRE-DIABETES GUIDELINES

DEFINITION:

Impaired Fasting Plasma Glucose: 100-125 mg/dL

2 Hour Plasma Glucose on OGTT: 140-199 mg/dL

Hemoglobin A1c 5.7% - 6.4%

Any result must be repeated and confirmed on a separate day

WHO TO SCREEN:

Adults with BMI >25 with risk factors (BMI >23 in Asian population)

Adults 45 years and older

Children >85% height vs weight with two risk factors and 10 years old or older

If normal, repeat at 3 year intervals

RISK FACTORS:

Physical inactivity

Family history

AA, Hispanic, Asian

Hx of GDM

Maternal hx GDM

PCOS

Hypertension

HDL <35, TG >250

Smoking

Severe obesity

Hx of CVD

INCREASED RISK OF:

Hypertension

CVD/Stroke

Cancer

(stomach/CRC, liver, pancreas, breast, endometrial)

Alzheimer's disease

HELPFUL FACTS

- 1 in 3 U.S Adults have pre-diabetes
- Only 10-15% of patients with IFG are aware they have it – TALK ABOUT IT!
- Intensive lifestyle intervention delayed progression to T2DM by 11 years, where metformin delayed by 3.5 years

LIFESTYLE MODIFICATION PROGRAM

- Set SMART goals
- Physical activity 150 min/week
- If BMI >25, lose 7% of body weight
- Consider bariatric surgery if BMI >40
- Consider nutrition referral (depending on insurance type)

Consider Pharmacologic treatment with metformin when:

- A1c 6.1-6.49% persistently
- Hx GDM
- PCOS
- Fatty Liver Disease
- Age <60
- BMI >35
- CVD
- Metabolic Syndrome

- Goal of intervention: delay onset of T2DM to decrease microvascular complications
- Screen for diabetes every year with A1c and FBS

BENEFITS OF PHYSICAL ACTIVITY

- Improves insulin sensitivity
- Lowers blood pressure
- Improves weight control
- Decreases CVD risk
- Improves Lipids