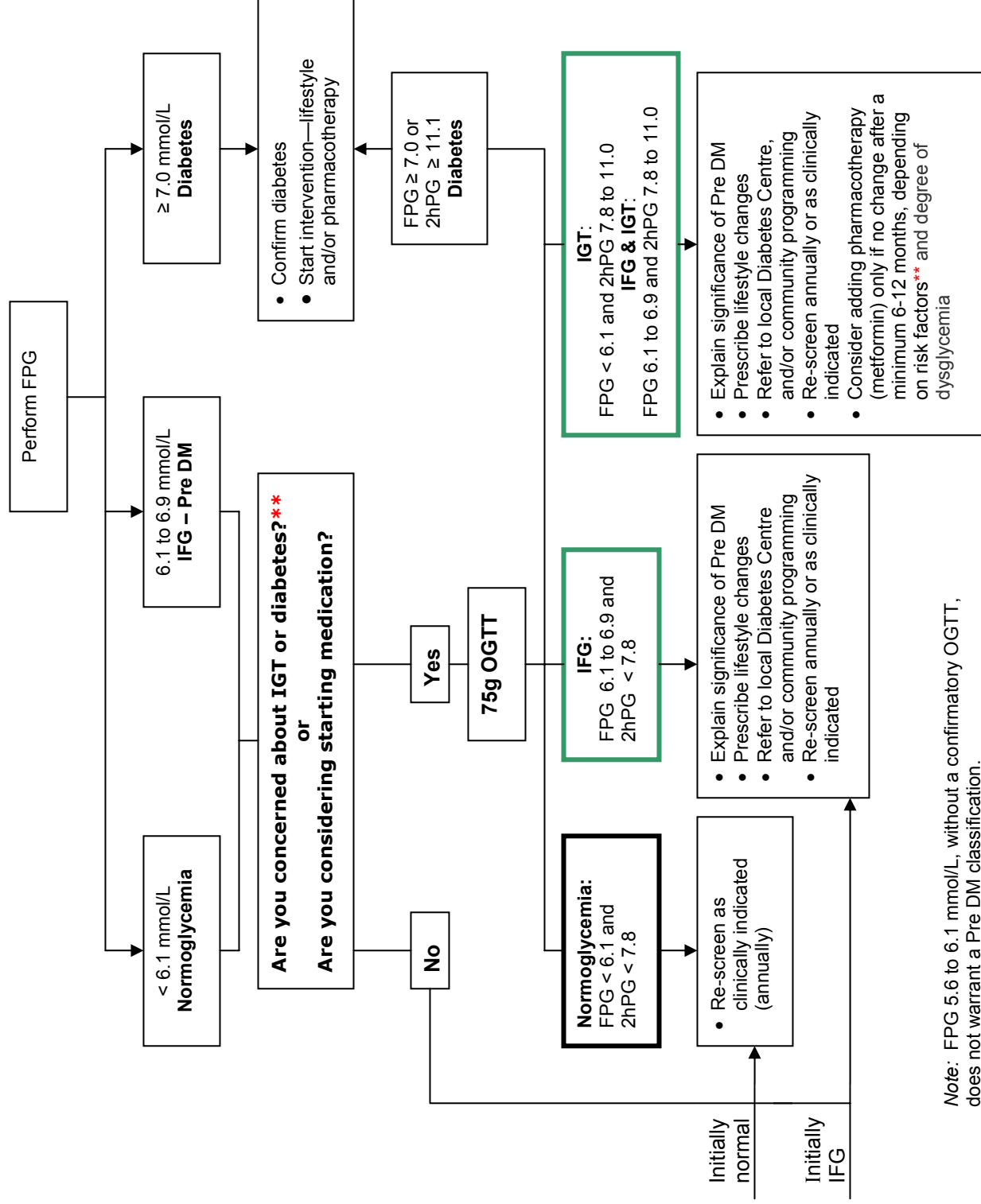


PreDiabetes (Pre DM)
Screening and Management of High-Risk Individuals (Adults)



- ** Risk factors for type 2 DM:**
- Age ≥ 40 yrs
 - 1st degree relative with type 2 DM
 - BMI > 27
 - Sedentary
 - HTN
 - Dyslipidemia
 - Previous GDM or macrosomic infant
 - Member of high-risk population (e.g., Aboriginal, Hispanic, South Asian, Asian, or African descent)
 - Schizophrenia
 - PCOS
 - Other...

- Pre-DM Management Goals:**
- **Weight reduction:** \downarrow 5 to 7% of total body weight (as little as 10-15 lbs.)
 - **Healthy eating:** \downarrow fat and \uparrow fibre.
 - **Other modifications, i.e.,** \downarrow Na, in presence of HTN
 - **Physical activity:** Add 30 minutes of moderate activity (e.g., brisk walking) most days of the week. This can be accomplished in 10-minute blocks.
 - **Modify other risk factors** including smoking, stress, and metabolic abnormalities (HTN [target $< 140/90$ mmHg] and dyslipidemia [targets based on Framingham Risk Assessment])
 - **Self-monitoring of blood glucose** is **not** required

Note: FPG 5.6 to 6.1 mmol/L, without a confirmatory OGTT, does not warrant a Pre DM classification.