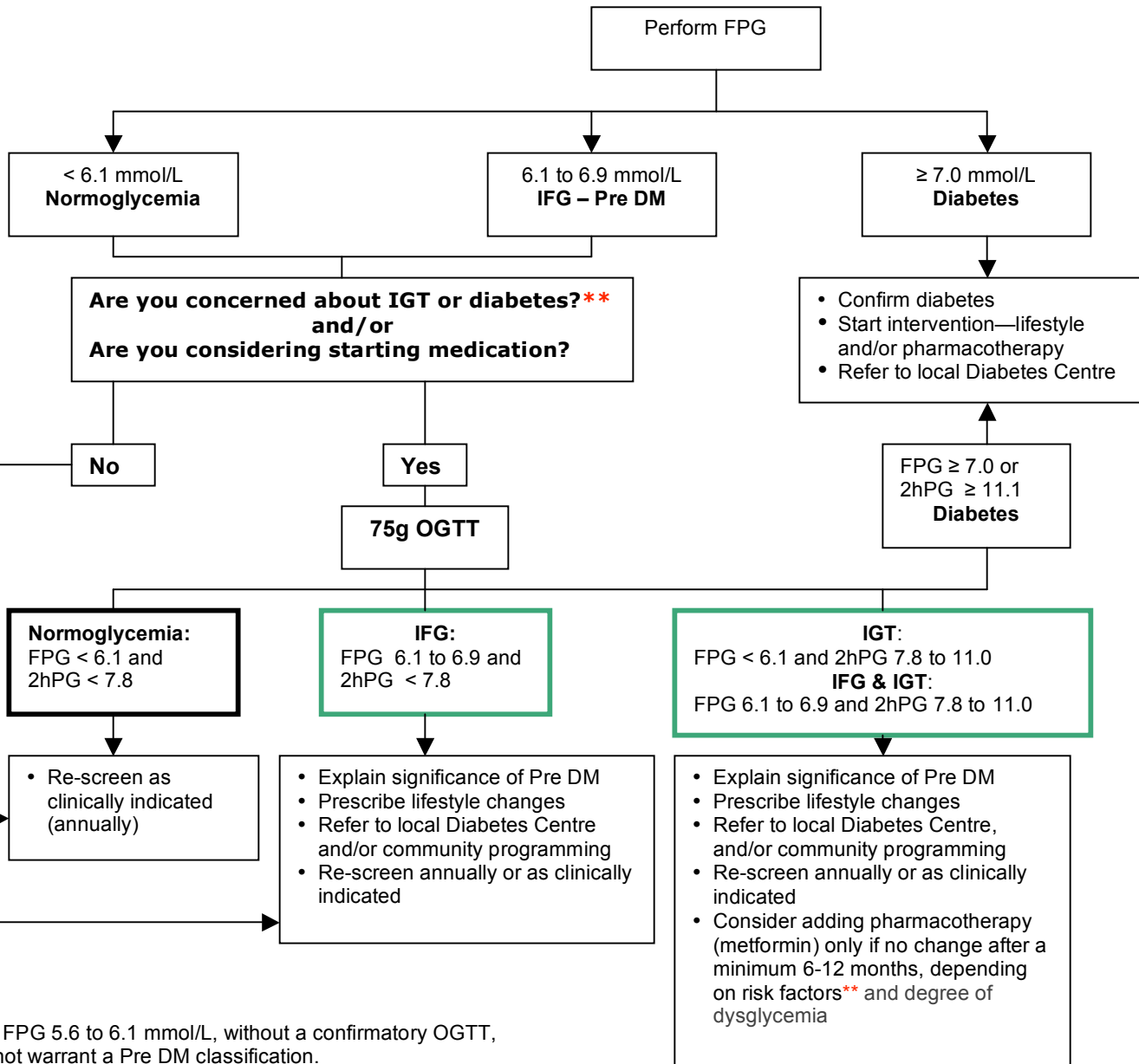




**PreDiabetes (Pre DM)
Screening and Management of High-Risk Individuals (Adults)**



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

- Pre DM Management Goals:**
- Weight reduction: ↓ 5 to 7% of total body wt. (as little as 10-15 lbs.)
 - Healthy eating: ↓ fat and ↑ fibre. Other modifications, i.e., ↓ 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.