Screening for type 2 diabetes in adults Screen every 3 years in individuals ≥ 40 years of age Screen earlier and/or more frequently in people with additional risk factors for diabetes FPG or A1c If $FPG < 5.6 \, mmol/L$ If FPG 5.6-6.0 mmol/L IF FPG 6.1-6.9 mmol/L $FPG \geq 7.0 \ mmol/L$ OR OR OR OR A1c 5.7 – 6.4 % A1c 6.0 – 6.4 % Casual PG > 11.1 mmol/L A1c < 5.7OR 2hPG in a 75 g OGTT ≥ 11.1 mmol/L OR $A1c \ge 6.5 \%$ No risk If ≥ 1 risk Consider 75-g OGTT factors, consider factors Fasting value Fasting value Fasting value Fasting value < 6.1 mmol/L < 6.1 mmol/L 6.1-6.9 mmol/L 6.1-6.9 mmol/L and 2-h value and 2-h value and 2-h value and 2-h value 7.8-11.0 mmol/L < 7.8 mmol/L < 7.8 mmol/L 7.8-11.0 mmol/L Isolated **Isolated** IFG and **IGT IFG IGT** Normal* At risk Prediabetes† Rescreen as Rescreen Rescreen more often Diabetes‡ recommended more often **Management of Prediabetes** Implement a structured program of lifestyle modification that includes moderate weight loss and regular physical activity. In individuals with IGT, consider a biquanide (metformin) or an alphaglucosidase inhibitor In individuals with IGT and/or IFG and no known CVD, consider a TZD

*If, despite a normal FPG, an OGTT is subsequently performed & the 2hPG value is 7.8-11.0 mmol/L, a diagnosis of isolated IGT is made. †Prediabetes = isolated IFG, isolated IGT, IFG and IGT.

‡A confirmatory laboratory glucose test (either an FPG, a casual PG or a 2hPG in a 75-g OGTT or A1c) must be on another day in all cases in the absence of unequivocal hyperglycemia accompanied by acute metabolic decompensation.

2hPG = 2 hour plasma glucose FPG = fasting plasma glucose IFG = impaired fasting glucose IGT = impaired glucose tolerance OGTT = oral glucose tolerance test

PG = plasma glucose