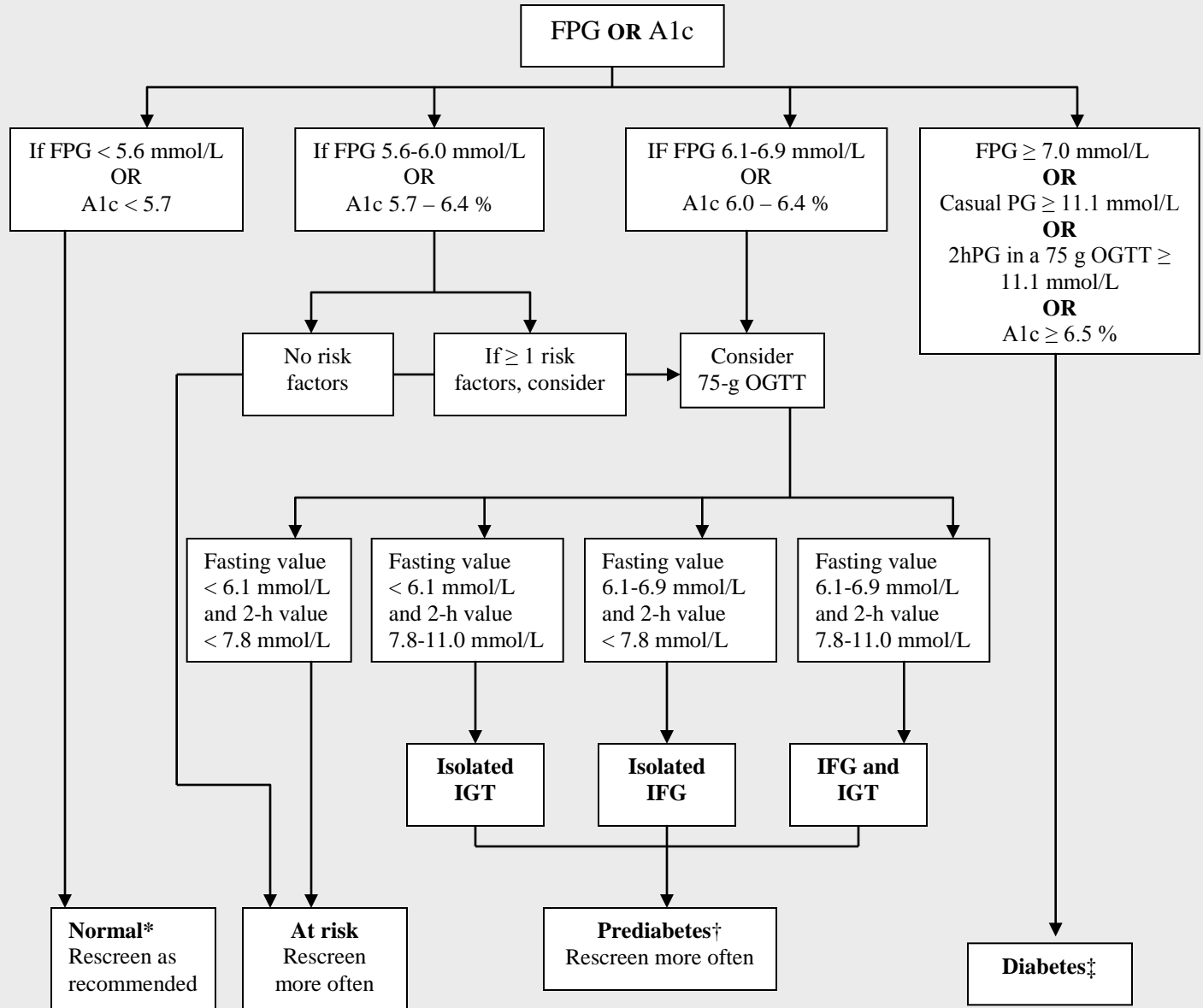


Screening for type 2 diabetes in adults

Screen every 3 years in individuals ≥ 40 years of age
 Screen earlier and/or more frequently in people with additional risk factors for diabetes



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 biguanide (metformin) or an alpha-glucosidase 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