

PREDIABETES Treatment Plan Recommendations

Monitor patients for prediabetes

- ▶ FBS every 3 years for those 45 yrs and older
- ▶ FBS more frequently and/or at a younger age (< 45 yrs) for overweight patients with additional risk* factors

American Diabetes Association Diagnosis Criteria

	FBS	RBS
Euglycemia	60 – 99	60-139
Prediabetes	100-125	140-199
Type 2 Diabetes	≥126 on 2 days	≥200 on 2 days

***Risk factors for developing diabetes:** sedentary lifestyle, first-degree relative with diabetes, overweight, race/ethnicity (African American, American Indian, Hispanic American/Latino, and Asian American/Pacific Islander), gestational diabetes or delivery of baby weighing > 9 lbs., hypertension (\geq 140/90 mmHg), low HDL cholesterol level <35 mg/dl and/or high triglyceride level >250mg/dl, IFG or IGT on previous testing, polycystic ovary syndrome, history of vascular disease, other clinical conditions associated with insulin resistance.

References

1. American Association of Clinical Endocrinologists (AACE)
2. Michigan Quality Improvement Consortium (MQIC)
3. American Diabetes Association (ADA)
4. Centers for Disease Control and Prevention (CDC)
5. Diabetes Prevention Program (DPP)
6. National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
7. National Institutes of Health (NIH)

If a patient is diagnosed with prediabetes...

Take ACTION

- ▶ Recommend 5-7% weight loss to improve blood glucose levels
- ▶ Recommend exercise – start slow, work up to 1 hour, 5 times a week
- ▶ Medication – as appropriate
- ▶ Treat borderline and high blood pressure
- ▶ Treat borderline and high cholesterol
- ▶ Evaluate for stress and depression – treat or refer as appropriate
- ▶ Evaluate adequacy of sleep – treat sleep disorders
- ▶ Advise smokers to quit

FOLLOW-UP

- ▶ Schedule routine appointments every 3-6 months until goals are met
- ▶ Continue to monitor for the development of diabetes every 1-2 years

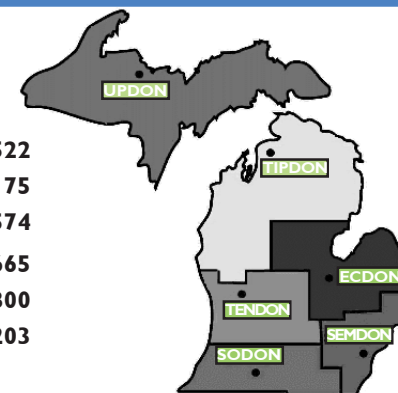
REFER

Patients need ongoing information and support. Refer them to:

- ▶ Local diabetes self-management training programs for classes – some insurances will cover training for prediabetes
- ▶ Nutritional counseling – medical nutrition therapy is covered by some insurances
- ▶ Diabetes Outreach Networks (DONs) for local information on training programs, local events, and resources

Diabetes Outreach Networks (DONs)

ECDON — (810) 232-0522
 TENDON — (800) 472-3175
 SEMDON — (313) 259-1574
 TIPDON — (800) 847-3665
 SODON — (800) 795-7800
 UPDON — (906) 228-9203



**Diabetes Partners in Action
Coalition (DPAC)**
 Prevention Workgroup

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