

# Diagnostic Criteria and Risk Factors of Prediabetes

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## DESCRIPTION

Prediabetes, a condition defined by higher-than-normal blood sugar levels but not yet meeting the diagnostic criteria for diabetes, is an important step in the progression of metabolic diseases. Despite its prevalence and potential effects, prediabetes frequently goes undiagnosed, creating an essential public health concern. This article will look at the definition, risk factors, diagnostic criteria, management strategies, and implications of prediabetes.

Prediabetes is described as having obtained blood glucose levels that are higher than normal but lower than the diagnostic threshold for diabetes. Individuals with prediabetes often have Impaired Fasting Glucose (IFG), Impaired Glucose Tolerance (IGT), or both. According to the Centres for Disease Control and Prevention (CDC), almost 88 million adults in the United States have prediabetes, accounting for more than one in every three people.

### Risk factors contribute to the development of prediabetes

**Overweight or obesity:** Excess adipose tissue, particularly visceral fat, increases insulin resistance and predisposes individuals to prediabetes.

**Sedentary lifestyle:** Lack of physical activity reduces insulin sensitivity and promotes weight gain, further exacerbating metabolic dysfunction.

**Poor dietary habits:** Diets high in refined carbohydrates, sugar, and saturated fats contribute to insulin resistance and metabolic dysregulation.

**Family history:** Genetic predisposition plays a important role in the risk of prediabetes and type 2 diabetes, with a family history of diabetes increasing one's sensitivity.

**Age:** Advancing age is associated with a decline in insulin sensitivity and an increased likelihood of developing prediabetes and diabetes.

**Ethnicity:** Certain racial and ethnic groups, including African Americans, Hispanics, Native Americans, and Asian Americans,

have a higher prevalence of prediabetes and diabetes compared to Caucasians.

### Management strategies

Early detection and intervention are essential for preventing or delaying the progression from prediabetes to over diabetes and reducing the risk of associated complications. Management strategies for prediabetes include:

**Lifestyle modifications:** Adopting a healthy diet, engaging in regular physical activity, achieving and maintaining a healthy weight, and avoiding tobacco use are important interference for managing prediabetes.

**Medications:** In some cases, healthcare providers may prescribe medications such as metformin to help lower blood glucose levels and reduce the risk of progression to diabetes particularly in individuals with additional risk factors or comorbidities.

**Regular monitoring:** Individuals with prediabetes should undergo periodic monitoring of blood glucose levels, lipid profiles, blood pressure, and other relevant parameters to assess progress and guide treatment adjustments.

**Patient education and support:** Empowering individuals with prediabetes through education, counseling, and support services can enhance adherence to lifestyle modifications and improve long-term outcomes.

Addressing prediabetes requires a comprehensive, multidisciplinary approach involving healthcare providers, public health initiatives, community organizations, employers, and individuals themselves. By raising awareness, promoting healthy behaviours, and providing accessible resources and support, we can collectively combat the growing burden of prediabetes and improve the health and well-being.

## CONCLUSION

Prediabetes represents a dangerous opportunity for early stage to prevent or delay the onset of type 2 diabetes and its associated complications, including cardiovascular disease, kidney disease, neuropathy, and retinopathy. Progression towards diabetes and

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**Received:** 29-Dec-2023, Manuscript No. EOED-24-29658; **Editor assigned:** 01-Jan-2024, Pre QC No. EOED-24-29658 (PQ); **Reviewed:** 15-Jan-2024, QC No. EOED-24-29658; **Revised:** 22-Jan-2024, Manuscript No. EOED-24-29658 (R); **Published:** 29-Jan-2024, DOI: 10.35841/2329-6631.24.13.233.

**Citation:** Shahzad F (2024) Diagnostic Criteria and Risk Factors of Prediabetes. J Develop Drugs. 13:233.

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its complications. Through early detection, lifestyle modifications, and targeted interventions, prediabetes can be effectively managed, offering a window of opportunity to preserve health

and prevent chronic disease. By challenging the prediabetes and taking action, we can step toward a healthier, more resilient future for individuals and communities around the globe.