

Typical Patient Profile

High-risk patients with prediabetes can be identified by considering the existence of associated disorders, either already known or easily diagnosed. A number of metabolic disorders – dysglycaemia, obesity, hypertension and dyslipidaemia – are recognised as risk factors for CVD.

Important Facts

- 50 years old
- Family history of diabetes or heart disease
- High lipids (low HDL cholesterol and high triglycerides)
- High blood pressure (140/90 mmHg)
- Overweight or obese
- History of gestational diabetes or gave birth to a baby weighing more than 9lbs
- Eating an excess amount of carbohydrates
- Leading a sedentary lifestyle with little or no exercise



Speaking of prediabetes – is there such thing as a typical patient profile?

As prediabetes is a state of dysglycaemia that precedes type 2 diabetes, traditional risk factors for diabetes are also risk factors for prediabetes. Recognising one will help you screen for the others – and in the end eventually diagnose prediabetes. Proven risk factors for type 2 diabetes are:

- Obesity
- Age
- Ethnicity
- Hypertension
- Poor diet
- Little exercise
- Family history of diabetes

In the following the typical profile of a prediabetic individual will be displayed together with some additional information.

This patient profile combines type 2 diabetes and metabolic risk factors. Metabolic syndrome includes some of the traditional type 2 diabetes risk factors – dysglycaemia, hypertension and obesity. An additional risk factor included in metabolic syndrome is dyslipidaemia, particularly low HDL-C and high triglyceride levels. Data for hypertension, obesity and dyslipidaemia were based on various definitions of metabolic syndrome to create a patient who has 'mild' metabolic syndrome.

Blood glucose levels are within the diagnostic levels for prediabetes.