

DIABETES

- Diabetes is a chronic condition characterized by HI blood sugar levels.

Blood Test Levels for Diagnosis of Diabetes and Prediabetes

	A1C (percent)	Fasting Plasma Glucose (mg/dL)	Oral Glucose Tolerance Test (mg/dL)
Diabetes	6.5 or above	126 or above	200 or above
Prediabetes	5.7 to 6.4	100 to 125	140 to 199
Normal	About 5	99 or below	139 or below

conditions: mg = milligram, dL = deciliter
at all three tests, within the prediabetes range, the higher the test result, the greater the risk of diabetes.

- We can relate to patient A an Afro-Caribbean woman about 50 years old who is prediabetic related to her lifestyle.
- In UK the prevalence of diabetes had doubled since 1996 from 1.4mil to 3.5 mil in 2014, 700 people being diagnose on daily bases plus more or less than 1.1 mil people suffering of these condition without diagnosis.
- Most known are type 1 diabetes and type 2 diabetes where in type 1 the pancreas does not produce any insulin; treatment for these are multiple daily injections.
- Type 2 is based on diet, losing weight, oral antidiabetic

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- Emerging pandemic is driven by growing population, rising levels of obesity and inactivity.



- Hyperglycaemia is associated with long term disease, failure of different organs .