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PRE DIABETES: Current Aspects and Management

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ABSTRACT

Prediabetes is an intermediate state of hyperglycemia with glycemic parameters above normal but below the diabetes threshold. While, the diagnostic criteria of prediabetes are not uniform across various international professional organizations, it remains a state of high risk for developing diabetes with yearly conversion rate of 5%-10%. Observational evidence suggests an association between prediabetes and complications of diabetes such as early nephropathy, small fiber neuropathy, early retinopathy and risk of macrovascular disease. The present article focuses on symptoms, new methods of diagnosis, current treatment protocols for prediabetes.

Key Word : Prediabetes, Glycemia, Hyperglycemia, Fasting Plasma Glucose,

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