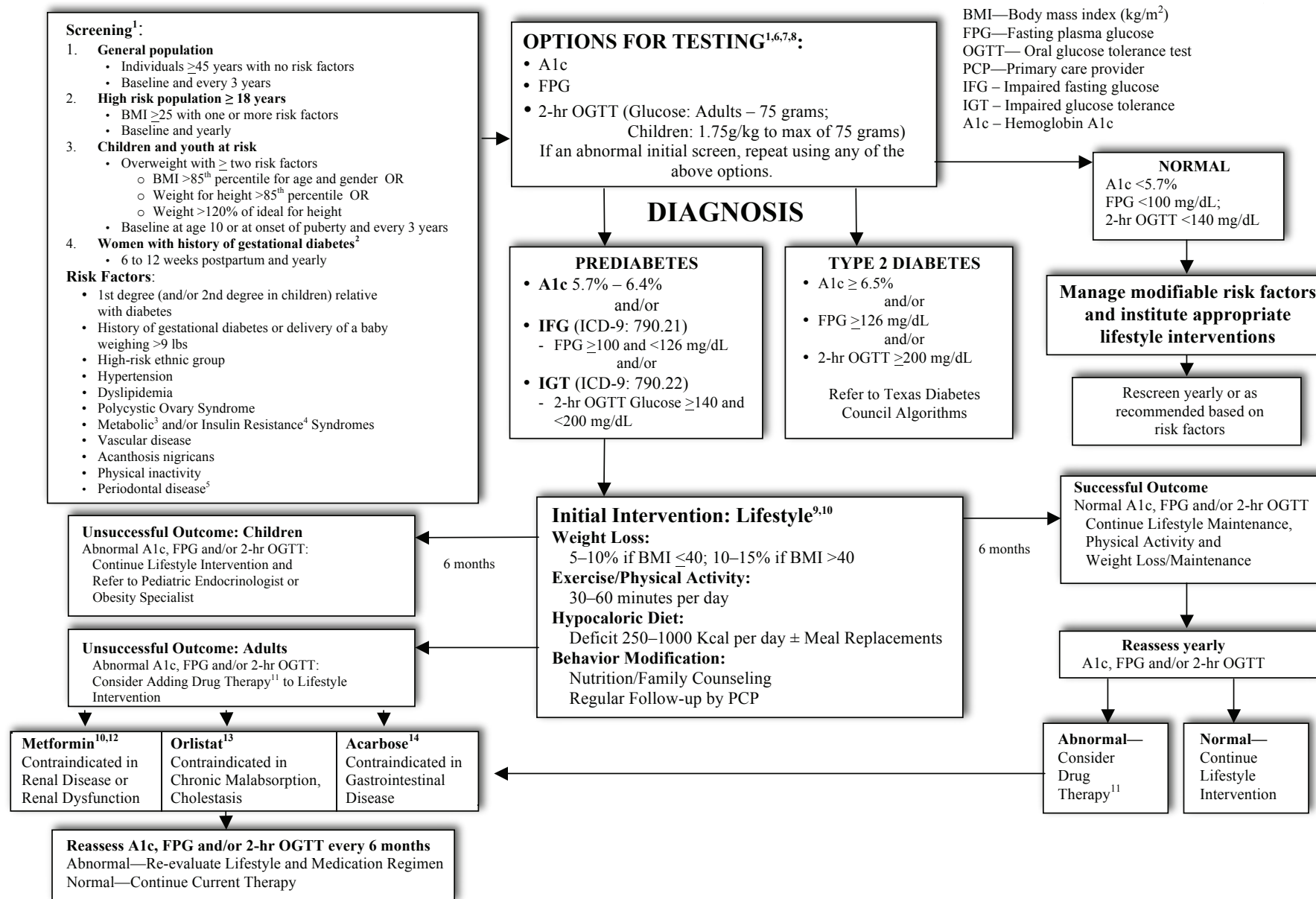


Prevention and Delay of Type 2 Diabetes in Children and Adults



See web site (<http://www.texasdiabetesCouncil.org>) for latest version and disclaimer. See reverse side for more information

Footnotes

1. American Diabetes Association. Standards of Medical Care in Diabetes - 2014. *Diabetes Care*. 2014;37(suppl 1):S14-80.
2. American College of Obstetricians and Gynecologists' Committee on Obstetric Practice. Postpartum screening for abnormal glucose tolerance in women who had gestational diabetes mellitus. ACOG Committee Opinion No. 435, June 2009.
http://www.acog.org/Resources_And_Publications/Committee_Opinions/Committee_on_Obstetric_Practice/Postpartum_Screening_for_Abnormal_Glucose_Tolerance_in_Women_Who_Had_Gestational_Diabetes_Mellitus
3. National Cholesterol Education Program Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III). *JAMA*. 2001;285(19):2486-97.
4. American College of Endocrinology position statement on the insulin resistance syndrome. *Endocr Pract*. 2003;9(3):237-52.
5. Demmer RT, Jacobs DR, Desvarieux M. Periodontal disease and incident type 2 diabetes. *Diabetes Care*. 2008;31:1373-79.
6. American Diabetes Association: Clinical Practice Guidelines 2004. The prevention or delay of type 2 diabetes. *Diabetes Care*. 2004;27(suppl 1):S47-54; *Diabetes Care*. 2005;28(suppl 1):S4-S36.
7. Edelstein SL, Knowler WC, Bain RP, et al. Predictors of progression from impaired glucose tolerance to NIDDM: an analysis of six prospective studies. *Diabetes*. 1997;46(4):701-10.
8. Sinha R, Fisch G, Teague B, et al. Prevalence of impaired glucose tolerance among children and adolescents with marked obesity. *N Engl J Med*. 2002;346(11):802-10. Erratum in: *N Engl J Med*. 2002;346(22):1756. Correction of dosage error in abstract.
9. See Texas Diabetes Council algorithms: [Exercise Algorithm Type 2 Diabetes Prevention and Therapy](#), [Diabetes Medical Nutrition Therapy and Prevention Algorithm for Adults](#), [Weight Loss Algorithm for Overweight and Obese Adults](#), [Weight Management Algorithm for Overweight Children and Adolescents](#).
10. Knowler WC, Barrett-Connor E, Fowler SE, et al. Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med*. 2002;346(6):393-403 (dose of metformin 850 mg twice daily).
11. No medication is currently FDA-approved for prevention of type 2 diabetes in adults, but a number of studies provide evidence for drug treatment.
12. Metformin is as effective as lifestyle intervention in individuals <age 45 or those with BMI >35; metformin is nearly ineffective in individuals >age 60 or those with BMI <30 (DPP evidence).
13. Torgerson JS, Hauptman J, Boldrin MN, et al. XENical in the prevention of diabetes in obese subjects (XENDOS) study: a randomized study of orlistat as an adjunct to lifestyle changes for the prevention of type 2 diabetes in obese patients. *Diabetes Care*. 2004;27(1):155-61 (dose of orlistat 120 mg three times daily with food).
14. Chiasson JL, Josse RG, Gomis R, et al. Acarbose for prevention of type 2 diabetes mellitus: the STOP-NIDDM randomised trial. *Lancet*. 2002;359(9323):2072-7 (dose of acarbose 100 mg three times daily with food).