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PREVALENCE OF UNKNOWN DIABETES AND IMPAIRED GLUCOSE TOLERANCE IN PATIENTS WITH IMPAIRED FASTING GLUCOSE

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INTRODUCTION

There are many community-based studies on the prevalence of diabetes, impaired glucose tolerance (IGT) and impaired fasting glucose (IFG). However, studies on the prevalence of IGT and diabetes unknown in patients with IFG, by 75-g oral glucose tolerance test (OGTT), are few and small.

OBJECTIVE

1) To estimate the prevalence of unknown diabetes and IGT in patients with IFG by OGTT.

2) To determine the percentage of patients diagnosed of unknown diabetes having a glicated hemoglobin (A1C) value consistent with the diagnosis of diabetes according to ADA (A1c ≥ 6.5 %).

METHODS

Cross-sectional study, nested in a randomized trial (PREDIABOLE. ISRCTN03372660). 779 patients with IFG referred by family physicians for entry into PREDIABOLE trial. Outcomes variables: plasma glucose after OGTT, and A1C

RESULTS

779 patients (47.7 % male). Mean (95% confidence interval): AGE male: 63.9 (62.9-64.9); female: 64.5 (63.6-65.5). BODY MASS INDEX : male: 30.5 (30.1-30.9); female: 31.3 (30.8-31.8). The prevalence of UNKOWN DIABETES (119 subjects) was 15.3 % (12.7%-17.9%). Of them, only 32 (27 %) had criteria of diabetes according to A1C values. The prevalence of IGT was 28 % (24.8%-31.2%).

CONCLUSIONS:

1) The prevalence of unknown diabetes and impaired glucose tolerance in patients with impaired fasting glucose is relevant, so 75-g oral glucose tolerance test would be advisable systematically perform in these patients, especially those with risk factors for diabetes.

2) A1c had only been able to detect diabetes in approximately one third of the subjects that had it.

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