

# New Name For “Prediabetes” Prompts Quicker Actions

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## New Name and Staging for Type 2 Diabetes Prompts Earlier Action By Patients and Practitioners

### Aim:

-To see how people (practitioners and people with diabetes) respond, and what actions they take, based on whether they're told they have Pre-Diabetes or Stage 1 of Type 2 Diabetes.



### Background:

- At the “prediabetes” stage, the body has already been compromised and is not processing glucose optimally.
- The disease, and its complications, will progress if not treated properly with diet, exercise, and possible pharmacological intervention (1).
- Even within the prediabetes range multiple pathways are beginning to be affected including the hexosamine pathway, protein kinase C activation, polyol pathway, and advanced glycation end product formation (2).
- Those at the prediabetic level are also at elevated risk of macrovasculature damage such as stroke and myocardial ischemia (3).
- Almost 40% of American adults have prediabetes and 90% are unaware of their diagnosis.
- Some physicians inform their patients, some do not. Few healthcare providers regard prediabetes as urgent of action.
- The name “prediabetes” misleads both practitioner and patient; it indicates a state of watch and wait.

Stage	A1C	Proposed Treatment / Plan
Stage 1	5.7 - 6.5	Lifestyle changes; possibly Metformin
Stage 2	6.5 – 9.5	Lifestyle changes / Metformin; *Add a second agent.
Stage 3	9.5 +	Lifestyle changes / Metformin; Start Insulin
Stage 4	12+ / DM Emergencies	Admit to Hospital; Treat accordingly

### Results:

- Of those previously diagnosed with prediabetes, 33% did nothing after being diagnosed and none had started taking medications when diagnosed.
- Yet over 66% say they would be willing to start medications if they had been told they had “stage 1 diabetes”.
- 86% of participants stated they would be willing to take medications if they were told they had “stage 1 diabetes”.
- Compare this to the 61% who stated they do not think medication is necessary for someone with prediabetes.

### Discussion:

- Our results support our hypothesis that patients do not respond to the term prediabetes as well as they might to other language such as our proposed term “stage 1 diabetes”.
- Diabetes is a progression and should be staged accordingly.
- We have early evidence, a name change and staging system is persuasive enough to improve patient compliance, change clinical outcomes, and encourage healthier behavior adoption decreasing the rate of diabetes worldwide.