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Prevention of type-2 diabetes mellitus

Type-2 diabetes mellitus is characterized by hyperglycemia, insulin resistance and relative impairment in insulin secretion. Although the lifetime risk of type-2 diabetes is high, our ability to predict and prevent type-2 diabetes in the general population is limited. However, individuals at high-risk, including those with impaired fasting glucose (IFG), impaired glucose tolerance (IGT), obesity, close relatives with type-2 diabetes or who are members of certain ethnic groups are appropriate candidates for preventive interventions. Lifestyle modification (predominant exercise and weight loss) successfully decrease the development of diabetes. Thus, we promote lifestyle changes (healthy diet and regular exercise) to all of our patients. Regular reinforcement of these benefits is important for successful compliance. Patients should also be encouraged to stop smoking. Patients who are at high risk should be followed closely, with repeat examination and measurements of fasting blood glucose and serum lipids on an annual basis.

References

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Biography

Ilias N Migdalis is the Director in 2nd Medical Department and the Diabetes Centre at the NIMTS Hospital in Athens, Greece. He has worked as Clinical Research Fellow in the Diabetes Department of King's College Hospital, London, UK. His main interests are in the treatment and prevention of diabetic complications. He is active in several national and international committees in the field of diabetes. He is a core Member in the Scientific Advisory Group (SAG) in the field of diabetes/ endocrinology of the European Medicines Agency (EMA).

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