

Diabetes Prevention

- **Preventing Diabetes** -- On AAA Home, the hyperlink beside the LESS Initiative hyperlink.

Preventing Diabetes is the extension of the LESS Initiative and should be completed as part of it.

SOUTHEAST TEXAS MEDICAL ASSOCIATES, L.L.P.

Patient: Robert Test Jr. Sex: M Age: 42 Patient's Code Status: DNR
 Home Phone: (409)888-8888 Date of Birth: 03/25/1970
 Work Phone: () - Cell Phone: () -

Patient has one or more alerts!
[Click Here to View Alerts](#)

[STARS Program Measures](#) [Pre-Vist/Preventive Screening](#) [Bridges to Excellence View](#)

Preventive Care	Template Suites	Disease Management	Last Updated	Special Functions
SETMA's LESS Initiative I Last Updated: 11/16/2012	Master GP I Pediatrics Nursing Home I Ophthalmology Physical Therapy Podiatry Rheumatology	Diabetes I Hypertension I Lipids I Acute Coronary Syn I Angina I Asthma Cardiometabolic Risk Syn I CHF I Diabetes Education Headaches Renal Failure Weight Management I	11/29/2012 06/07/2011 11/16/2012 // // // // // // // //	Lab Present Lab Future I Lab Results I Hydration I Nutrition I Guidelines I Pain Management I Immunizations Reportable Conditions
Preventing Diabetes I Last Updated: 03/02/2011	Hospital Care Hospital Care Summary I Daily Progress Note Admission Orders I			Information Charge Posting Tutorial Drug Interactions I E&M Coding Recommendations Insulin Infusion

Exercise
[Exercise](#) I
[CHF Exercise](#) I
[Diabetic Exercise](#) I

Patient's Pharmacy: Kroger
 Phone: (409)833-3703
 Fax: (409)833-5184

Rx Sheet - Active
 Rx Sheet - New
 Rx Sheet - Complete
 Home Health

Pending Referrals I

Status	Priority	Referral	Referring Provider
Completed	Stat	Abdominal U/S	Duncan
Completed	Routine	Sotolongo, Rodolfo	Deiparine
Completed	Routine		Holly
Completed	Immediate		Colbert
Completed	Routine		Colbert
Completed	Routine		Adkins

Chart Note
 Return Info
 Return Doc
 Email
 Telephone
 Records Request
 Transfer of Care Doc

- When Preventing Diabetes is accessed, the pop-up entitled "Recommendations to Delay or Prevent Diabetes" is automatically launched. This pop-up contains the recommendations for screening for diabetes.

NOTE: That once this template has been closed, you must click on the "Screening Recommendations" hyperlink to return to the template. The pop up activates only on the opening of the Preventing Diabetes template.

- There are three categories of screening recommendations:
 1. Those who are >45 years of age are **recommended** to be screened
 2. Those who are >45 years of age and who have a BMI > 25 are **required** to be screened
 3. Those who are 25 and who have any one of four risk factors -- hypertension, hypercholesterolemia, family history of diabetes, non-Caucasian -- are **required** to be screened.

Diabetes Screen

Recommendations to Delay or Prevent Diabetes

Individuals at high risk for developing diabetes need to become aware of the benefits of modest weight loss and participating in regular physical activity.

Screening Recommendations for Pre-Diabetes (IFG, IGT)

- Patients > 45 years of age (recommended)
- Patients > 45 years of age with a BMI > 25 (required)
- Patients < 45 years of age, BMI >25 plus any one of the following risk factors (required)
 - Yes No Family history of diabetes?
 - Yes No Non-Caucasian ethnicity?
 - Yes No Dyslipidemia?
 - Yes No Hypertension?
- In individuals with normoglycemia, rescreening at 3-year intervals is sufficient.

How To Screen

- Fasting Plasma Glucose Test Order These Test(s)
- 2-hour OGTT (75 gram glucose load) (if FPG > 110)
- Positive test results should be confirmed at another office visit on another day.

OK Cancel

- The template has another section entitled "**How to Screen?**"
 1. The first way is with a Fasting Blood Glucose (FBG), which requires a 12-hour fast

2. The second way is with a 2-hour Oral Glucose Tolerance Test (OGTT).

Diabetes Screen

Recommendations to Delay or Prevent Diabetes

Individuals at high risk for developing diabetes need to become aware of the benefits of modest weight loss and participating in regular physical activity.

Screening Recommendations for Pre-Diabetes (IFG, IGT)

- Patients > 45 years of age (recommended)
- Patients > 45 years of age with a BMI > 25 (required)
- Patients < 45 years of age, BMI >25 plus any one of the following risk factors (required)
 - Yes No Family history of diabetes?
 - Yes No Non-Caucasian ethnicity?
 - Yes No Dyslipidemia?
 - Yes No Hypertension?
- In individuals with normoglycemia, rescreening at 3-year intervals is sufficient.

How To Screen

- Fasting Plasma Glucose Test
- 2-hour OGTT (75 gram glucose load) (if FPG > 110)

Positive test results should be confirmed at another office visit on another day.

- You can order the FBG, by clicking on the button, "**Order these tests**"
 1. When you click "Order these tests," a pop-up is launched which asks if the patient has been fasting for 12 hours.
 2. If the answer is, "yes,": the test is ordered and added to charge posting.
 3. If the answer is, "no," the test is sent to the **Future Labs** template.
 4. In order for the Future Lab function to work, you must then access the Future Labs template from AAA Home and complete the date and the provider information before e-mailing the Future Lab template to the laboratory and to charge posting.

Diabetes Screen [X]

Recommendations to Delay or Prevent Diabetes

Individuals at high risk for developing diabetes need to become aware of the benefits of modest weight loss and participating in regular physical activity.

Screening Recommendations for Pre-Diabetes (IFG, IGT)

Patients > 45 years of age (recommended)

Patients > 45 years of age with a BMI > 25 (required)

Patients < 45 years of age, BMI >25 plus any one of the following risk factors (required)

Yes No Family history of diabetes?
 Yes No Non-Caucasian ethnicity?
 Yes No Dyslipidemia?
 Yes No Hypertension?

In individuals with normoglycemia, rescreening at 3-year intervals is sufficient.

How To Screen

Fasting Plasma Glucose Test

2-hour OGTT (75 gram glucose load) (if FPG > 110)

Positive test results should be confirmed at another office visit on another day.

Order These Test(s)

Now that you have finished with the ordering of the screening test for diabetes, you can close the Screening Recommendations pop-up by clicking the OK button and review the other information on the Preventing Diabetes Template.

- The top section on the Preventing Diabetes Template has a series of eight hyperlinks which will be discussed below

Preventing Diabetes Patient:

[Screening Recommendations](#)
[Predicting Diabetes](#)
[Screening Insulin Resistance](#)
[IFG and IGT](#)
[Current Strategies](#)
[Could You Have Diabetes and Not Even Know It?](#)
[Reducing Your Risk](#)
[LOW Risk of Developing Diabetes](#)

Prediabetics have an atherogenic pattern of CV risk factors which are predominantly observed in prediabetics with increased HOMA-IR and fasting insulin, i.e., insulin resistance.

Diagnosis	Fasting Test	Casual Test
Diabetes	> 126 mg/dL	> 200 mg/dL
Pre-Diabetes	100 - 125 mg/dL	140 - 199 mg/dL
None	< 100 mg/dL	< 140 mg/dL

Vital Signs

Height	<input type="text" value="72.00"/>	Waist	<input type="text" value=".00"/>
Weight	<input type="text" value=".00"/>	Hips	<input type="text" value=".00"/>
BMI	<input type="text"/>	Ratio	<input type="text" value=".00"/>
Body Fat	<input type="text" value="22"/>	Blood Pressure	<input type="text"/> / <input type="text"/>
BMR	<input type="text"/>		
Protein Req	<input type="text"/>		

Fasting Lab Results

FPG	<input type="text"/> / /	Cholesterol	<input type="text" value="150"/>	<input type="text" value="06/06/2007"/>
2-Hr OGTT	<input type="text"/> / /	HDL	<input type="text"/>	<input type="text"/> / /
DM Prediction Rule	<input type="text"/>	LDL	<input type="text"/>	<input type="text"/> / /
	> 4 doubles the risk of DM	Triglycerides	<input type="text" value="175"/>	<input type="text" value="06/06/2007"/>
		Magnesium	<input type="text"/>	<input type="text"/> / /

Treatment

<input type="checkbox"/> Insulin Resistance	<input type="checkbox"/> Homocysteine
<input type="checkbox"/> Impaired Fasting Glucose	<input type="checkbox"/> hsCRP
<input type="checkbox"/> Hypertriglyceridemia	<input type="checkbox"/> Endothelial Dysfunction

Diabetic Education Referral (Double-Click)

Priority	Referring First	Referring Last	Referral
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Links

[Insulin Resistance](#)
[Hypertension Mgmt](#)
[Weight Mgmt](#)
[Exercise](#)
[Lipids Mgmt](#)
[Metabolic Syndrome](#)
[Smoking Cessation](#)

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[What To Do About It](#)
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[Hunger, Insulin, and Meals](#)
[Hunger, Fat, and Fav Foods](#)
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- The second section of the template has a notation about the atherogenic nature of pre-diabetes, and the criteria for establishing diabetes, pre-diabetes and normal plasma glucose levels.

Preventing Diabetes Patient:

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	Diagnosis	Fasting Test	Casual Test
Prediabetics have an atherogenic pattern of CV risk factors which are predominantly observed in prediabetics with increased HOMA-IR and fasting insulin, i.e., insulin resistance.	Diabetes	> 126 mg/dL	> 200 mg/dL
	Pre-Diabetes	100 - 125 mg/dL	140 - 199 mg/dL
	None	< 100 mg/dL	< 140 mg/dL

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[Visceral Fat](#)
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Vital Signs

Height	72.00	Waist	.00
Weight	.00	Hips	.00
BMI		Ratio	.00
Body Fat	22	Blood Pressure	
BMR			
Protein Req			

Fasting Lab Results

FPG		Cholesterol	150	06/06/2007
	//	HDL		//
2-Hr OGTT		LDL		//
	//	Triglycerides	175	06/06/2007
	//	Magnesium		//

DM Prediction Rule
 > 4 doubles the risk of DM

Treatment

Insulin Resistance	Homocysteine
Impaired Fasting Glucose	hsCRP
Hypertriglyceridemia	Endothelial Dysfunction

Diabetic Education Referral (Double-Click)

Priority	Referring First	Referring Last	Referral

Links
[Insulin Resistance](#)
[Hypertension Mgmt](#)
[Weight Mgmt](#)
[Exercise](#)
[Lipids Mgmt](#)
[Metabolic Syndrome](#)
[Smoking Cessation](#)

- The third section has the patient's vital signs and lab values.
 1. There is a button for importing the most recent lab values.
 2. There is also the results of the **Diabetes Mellitus Prediction Rule** (see below). If the score of the Prediction Rule is 4 or higher, the patient has a high probability of having Impaired Glucose Tolerance (IGT) which is one of two pre-diabetic conditions (along with Impaired Fasting Glucose).

Preventing Diabetes Patient:

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Diagnosis	Fasting Test	Casual Test
Diabetes	> 126 mg/dL	> 200 mg/dL
Pre-Diabetes	100 - 125 mg/dL	140 - 199 mg/dL
None	< 100 mg/dL	< 140 mg/dL

Vital Signs

Height	<input type="text" value="72.00"/>	Waist	<input type="text" value=".00"/>
Weight	<input type="text" value=".00"/>	Hips	<input type="text" value=".00"/>
BMI	<input type="text"/>	Ratio	<input type="text" value=".00"/>
Body Fat	<input type="text" value="22"/>	Blood Pressure	<input type="text"/> / <input type="text"/>
BMR	<input type="text"/>		
Protein Req	<input type="text"/>		

Fasting Lab Results

FPG	<input type="text"/> // <input type="text"/>	Cholesterol	<input type="text" value="150"/>	<input type="text" value="06/06/2007"/>
2-Hr OGTT	<input type="text"/> // <input type="text"/>	HDL	<input type="text"/>	<input type="text"/>
DM Prediction Rule	<input type="text"/> > 4 doubles the risk of DM	LDL	<input type="text"/>	<input type="text"/>
		Triglycerides	<input type="text" value="175"/>	<input type="text" value="06/06/2007"/>
		Magnesium	<input type="text"/>	<input type="text"/>

Treatment

<input type="checkbox"/> Insulin Resistance	<input type="checkbox"/> Homocysteine
<input type="checkbox"/> Impaired Fasting Glucose	<input type="checkbox"/> hsCRP
<input type="checkbox"/> Hypertriglyceridemia	<input type="checkbox"/> Endothelial Dysfunction

Diabetic Education Referral (Double-Click)

Priority	Referring First	Referring Last	Referral
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Links

[Insulin Resistance](#)
[Hypertension Mgmt](#)
[Weight Mgmt](#)
[Exercise](#)
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- The fourth section has treatment recommendations and methods for treating:

1. Insulin Sensitivity
2. Impaired Fasting Glucose (pre-diabetes)
3. Hypertriglyceridemia
4. Homocysteine
5. hsCRP
6. Endothelial Dysfunction

Preventing Diabetes Patient:

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[Could You Have Diabetes and Not Even Know It?](#) [Reducing Your Risk](#) [LOW Risk of Developing Diabetes](#)

Return
Document

Prediabetics have an atherogenic pattern of CV risk factors which are predominantly observed in prediabetics with increased HOMA-IR and fasting insulin, i.e., insulin resistance.

Diagnosis
 Diabetes > 126 mg/dL
 Pre-Diabetes 100 - 125 mg/dL
 None < 100 mg/dL

Fasting Test
 > 126 mg/dL
 100 - 125 mg/dL
 < 100 mg/dL

Casual Test
 > 200 mg/dL
 140 - 199 mg/dL
 < 140 mg/dL

Vital Signs
 Height: 72.00 Waist: .00
 Weight: .00 Hips: .00
 BMI: Ratio: .00
 Body Fat: 22 Blood Pressure: / /
 BMR: / /
 Protein Req: / /

Fasting Lab Results
 FPG: // Cholesterol: 150 06/06/2007
 // HDL: //
 2-Hr OGTT: // LDL: //
 0 // Triglycerides: 175 06/06/2007
 DM Prediction Rule: Magnesium: //
 > 4 doubles the risk of DM

Treatment

Insulin Resistance	Homocysteine
Impaired Fasting Glucose	hsCRP
Hypertriglyceridemia	Endothelial Dysfunction

Diabetic Education Referral (Double-Click)

Priority	Referring First	Referring Last	Referral

Links
[Insulin Resistance](#) [Hypertension Mgmt](#) [Weight Mgmt](#) [Exercise](#) [Lipids Mgmt](#) [Metabolic Syndrome](#) [Smoking Cessation](#)

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These conditions are found in patients with pre-diabetes and diabetes. There is also a method in this section of the template for sending a referral for diabetes education in those who have pre-diabetes. All patients with Impaired Fasting Glucose and/or Impaired Glucose Tolerance should be referred to diabetic education classes. This is the first step in a serious effort to prevent them from progressing on to full-blown diabetes mellitus.

To access the referral template, double click just below the field labels but just above the horizontal scroll bar.

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Prediabetics have an atherogenic pattern of CV risk factors which are predominantly observed in prediabetics with increased HOMA-IR and fasting insulin, i.e., insulin resistance.

Diagnosis
 Diabetes > 126 mg/dL
 Pre-Diabetes 100 - 125 mg/dL
 None < 100 mg/dL

Fasting Test
 > 126 mg/dL
 100 - 125 mg/dL
 < 100 mg/dL

Casual Test
 > 200 mg/dL
 140 - 199 mg/dL
 < 140 mg/dL

Vital Signs

Height	72.00	Waist	.00
Weight	.00	Hips	.00
BMI		Ratio	.00
Body Fat	22	Blood Pressure	
BMR			
Protein Req			

Fasting Lab Results

FPG	Cholesterol	150	06/06/2007
///	HDL		///
2			///
175		06/06/2007	///

Double Click in the below field to launch Referrals template.

Diabetic Education Referral (Double-Click)

Priority	Referring First	Referring Last	Referral

Treatment

Insulin Resistance	Homocysteine
Impaired Fasting Glucose	hsCRP
Hypertriglyceridemia	Endothelial Dysfunction

Links
[Insulin Resistance](#) [Hypertension Mgmt](#) [Weight Mgmt](#) [Exercise](#) [Lipids Mgmt](#) [Metabolic Syndrome](#) [Smoking Cessation](#)

Click [here](#) to learn How to Complete a Referral

- The fifth section has links for treating the conditions discovered by this review:
 1. Insulin Sensitivity
 2. Hypertension
 3. Weight Management
 4. Exercise
 5. Lipids Management
 6. Metabolic Syndrome
 7. Smoking Cessation

Preventing Diabetes Patient:

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Prediabetics have an atherogenic pattern of CV risk factors which are predominantly observed in prediabetics with increased HOMA-IR and fasting insulin, i.e., insulin resistance.

Diagnosis	Fasting Test	Casual Test
Diabetes	> 126 mg/dL	> 200 mg/dL
Pre-Diabetes	100 - 125 mg/dL	140 - 199 mg/dL
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Vital Signs

Height	<input type="text" value="72.00"/>	Waist	<input type="text" value=".00"/>
Weight	<input type="text" value=".00"/>	Hips	<input type="text" value=".00"/>
BMI	<input type="text"/>	Ratio	<input type="text" value=".00"/>
Body Fat	<input type="text" value="22"/>	Blood Pressure	<input type="text"/>
BMR	<input type="text"/>		<input type="text"/>
Protein Req	<input type="text"/>		<input type="text"/>

Fasting Lab Results

FPG	<input type="text" value=""/>	Cholesterol	<input type="text" value="150"/>	<input type="text" value="06/06/2007"/>
	<input type="text" value="//"/>	HDL	<input type="text" value=""/>	<input type="text" value="//"/>
2-Hr OGTT	<input type="text" value="0"/>	LDL	<input type="text" value=""/>	<input type="text" value="//"/>
	<input type="text" value="//"/>	Triglycerides	<input type="text" value="175"/>	<input type="text" value="06/06/2007"/>
DM Prediction Rule	<input type="text" value=""/>	Magnesium	<input type="text" value=""/>	<input type="text" value="//"/>

> 4 doubles the risk of DM

Treatment

<input type="checkbox"/> Insulin Resistance	<input type="checkbox"/> Homocysteine
<input type="checkbox"/> Impaired Fasting Glucose	<input type="checkbox"/> hsCRP
<input type="checkbox"/> Hypertriglyceridemia	<input type="checkbox"/> Endothelial Dysfunction

Diabetic Education Referral (Double-Click)

Priority	Referring First	Referring Last	Referral
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Links

[Insulin Resistance](#)
[Hypertension Mgmt](#)
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The eight hyperlinks at the top of the Preventing Diabetes Template are:

1. **Screening Recommendations** – discussed above
2. **Predicting Diabetes** – This calculates the **Diabetes Prediction Rule** results and gives the objective, conclusion and interpretation of the study on the basis of which this rule was developed.
 - a. The lab values and demographic data required are automatically displayed on this template.
 - b. If the value is 4 or greater, then the patient has a significant potential of having Impaired Glucose Tolerance which is a pre-diabetic condition further along toward diabetes than Impaired Fasting Glucose.

Diabetes Predict [X]

Predicting the Development of Diabetes in Older Adults: The derivation and validation of a prediction rule.

Diabetes Care, Volume 28, Number 2, February, 2005

Objective
To create a simple prediction rule that could perform as well as the 2-hour post challenge plasma glucose test to predict those at risk for diabetes.

Conclusion

1. Advanced age,
2. female sex,
3. fasting plasma glucose and
4. triglycerides

were able to predict adults at risk for diabetes equally as well as the 2-hour Post challenge Plasma Glucose (PCPG).

Sex:

Age: yrs

Triglycerides: mg/dL

Fasting Glucose:

Calculate >> points

Last Updated:

Interpretation
A score of 4 or higher doubled the likelihood of an abnormal post challenge glucose test result. This rule could help clinicians to better identify individuals with abnormal glucose tolerance, who should be targeted for interventions to prevent diabetes.

3. Screening Insulin Resistance

- a. The first section on this pop-up is "**The Following are factors which increase the likelihood of insulin resistance.**"
 1. Because the information is capture elsewhere in the EMR, several of the elements are automatically checked:
 - a. age – demographic from EPM
 - b. waist size – demographic from Nursing Template
 - c. BMI – calculated on Nursing Template
 - d. ethnicity – demographic from EPM
 - e. family history of diabetes – demographic from Extended Family History at the bottom of the History Template
 - f. hypertension – demographic from Extended Family History g. CVD – demographic from Extended Family History

2. Because the information is not captured elsewhere in the EMR, several of the elements are not automatically checked and must be noted by the nurse and/or healthcare provider:
 - a. sedentary lifestyle
 - b. history of gestational diabetes
 - c. history of glucose intolerance
 - d. history of CAD
 - e. history of hypertension
 - f. history of polycystic ovary syndrome
 - g. history of acanthosis nigricans.

Diabetes Insulins

Screening for Insulin Resistance

The following are factors which increase the likelihood of insulin resistance...

Yes No Diagnosis of CVD, hypertension, PCOS, NAFLD, or acanthosis nigricans?
 Yes No Non-Caucasian ethnicity?
 Yes No Family history of diabetes, hypertension, or CVD?
 Yes No Personal history of gestational diabetes or glucose intolerance?
 Yes No Sedentary lifestyle?
 Yes No Elevated BMI?
 Yes No Elevated waist circumference? (Males>40", Females>35")
 Yes No Patient over 40?

The following are abnormalities of the insulin resistance syndrome...

Yes No Elevated triglycerides? 175 06/06/2007
 Yes No Low HDL cholesterol? / /
 Yes No Elevated blood pressure? / /
 Yes No Elevated glucose levels? Fasting / /
 2 Hr OGTT 0 / /

Based on the risk factors and abnormalities indicated above...

Conclusion? []

OK Cancel

- b. The second section is "**The following are abnormalities of the insulin resistance syndrome.**" The four elements of this section are automatically completed:
 1. Triglycerides
 2. HDL
 3. blood pressure

4. glucose level

Diabetes Insulins

Screening for Insulin Resistance

The following are factors which increase the likelihood of insulin resistance...

Yes No Diagnosis of CVD, hypertension, PCOS, NAFLD, or acanthosis nigricans?
 Yes No Non-Caucasian ethnicity?
 Yes No Family history of diabetes, hypertension, or CVD?
 Yes No Personal history of gestational diabetes or glucose intolerance?
 Yes No Sedentary lifestyle?
 Yes No Elevated BMI?
 Yes No Elevated waist circumference? (Males>40", Females>35")
 Yes No Patient over 40?

The following are abnormalities of the insulin resistance syndrome...

Yes No Elevated triglycerides? 175 06/06/2007
 Yes No Low HDL cholesterol? / /
 Yes No Elevated blood pressure? / /
 Yes No Elevated glucose levels? Fasting / /
2 Hr OGTT 0 / /

Based on the risk factors and abnormalities indicated above...

Conclusion? [Empty Text Box]

OK Cancel

- c. The third section is "Based on the risk factors and abnormalities indicated above...".
1. When the "**Conclusion**" button is clicked, a conclusion appears in the window which states whether or not this patient is likely to have insulin resistance or not.
 2. The presence of a high potential for insulin resistance places the patient at higher risk of developing type 2 diabetes.

Diabetes Insulins [X]

Screening for Insulin Resistance

The following are factors which increase the likelihood of insulin resistance...

Yes No Diagnosis of CVD, hypertension, PCOS, NAFLD, or acanthosis nigricans?
 Yes No Non-Caucasian ethnicity?
 Yes No Family history of diabetes, hypertension, or CVD?
 Yes No Personal history of gestational diabetes or glucose intolerance?
 Yes No Sedentary lifestyle?
 Yes No Elevated BMI?
 Yes No Elevated waist circumference? (Males>40", Females>35")
 Yes No Patient over 40?

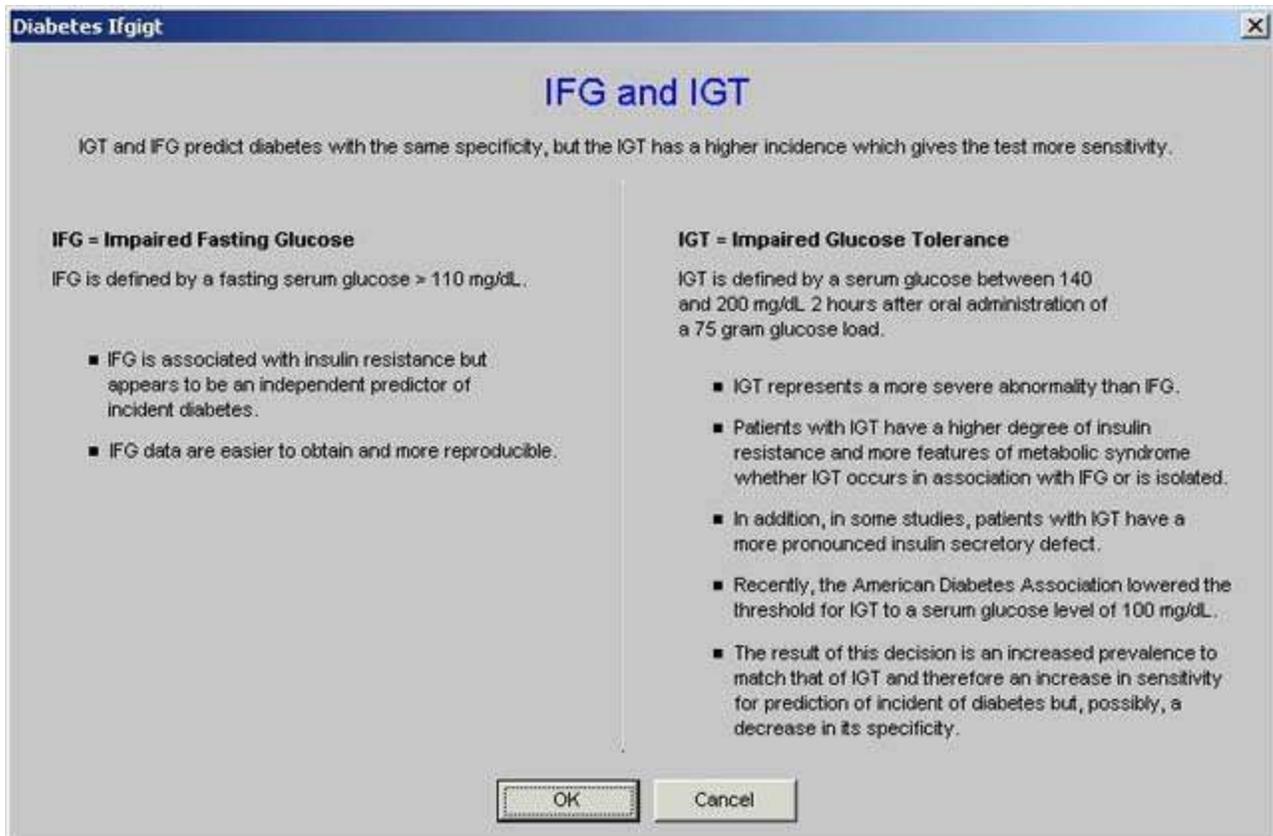
The following are abnormalities of the insulin resistance syndrome...

Yes No Elevated triglycerides? 175 06/06/2007
 Yes No Low HDL cholesterol? / /
 Yes No Elevated blood pressure? / /
 Yes No Elevated glucose levels? Fasting / /
 2 Hr OGTT 0 / /

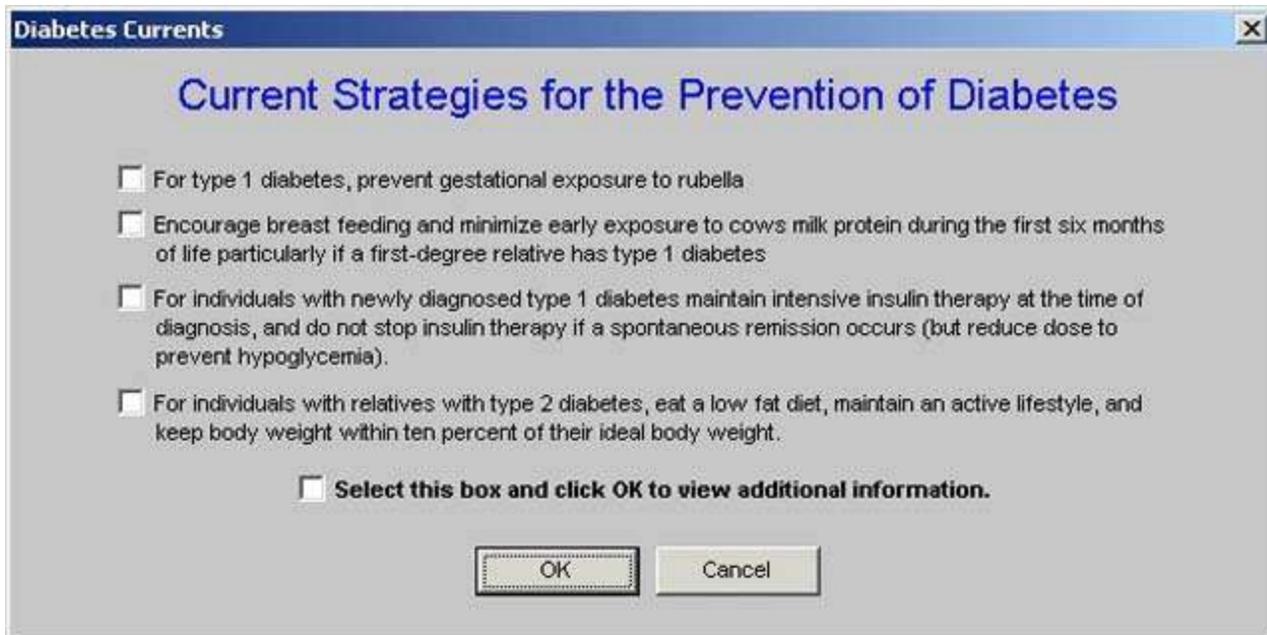
Based on the risk factors and abnormalities indicated above...

Conclusion? []

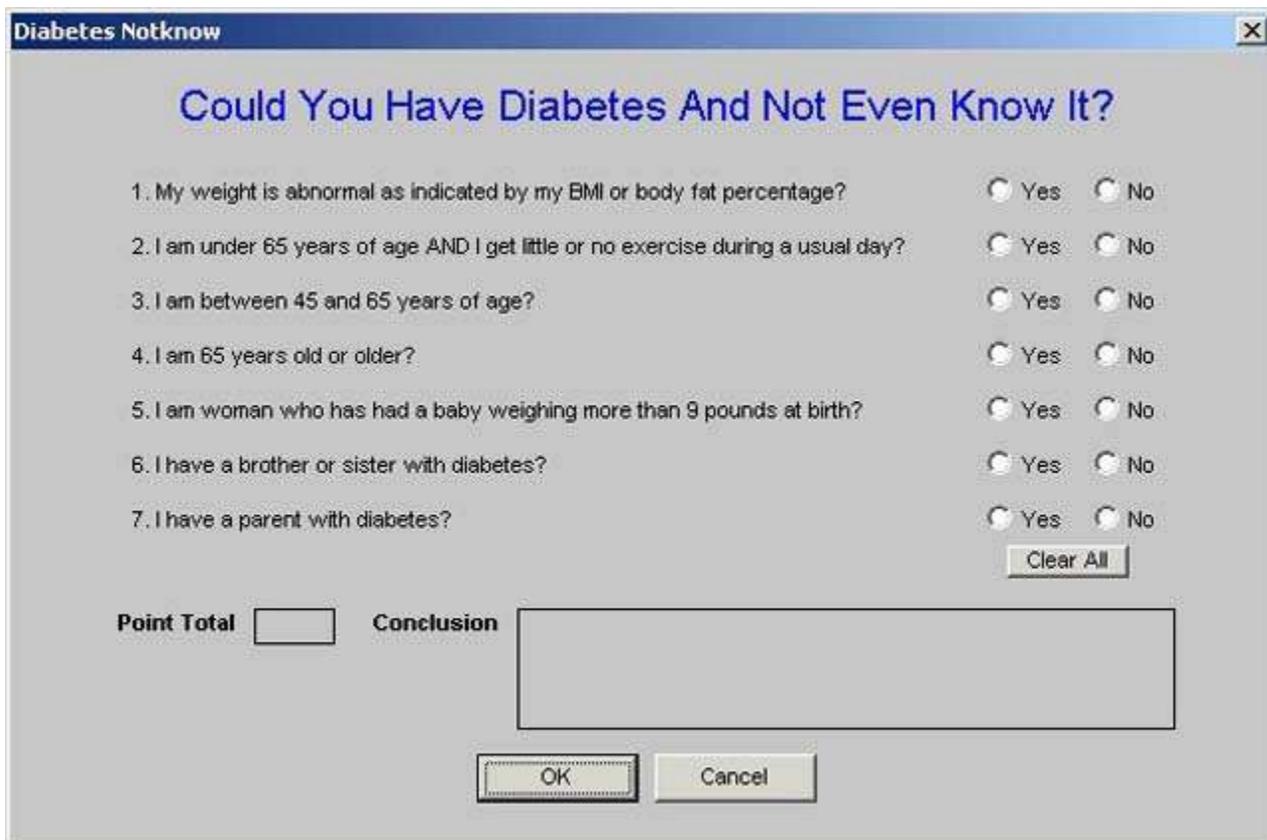
4. **IFG and IGT** – the fourth hyperlink at the top of Preventing Diabetes gives the definitions and significance of:
 - a. Impaired Fasting Glucose (IGF) and
 - b. Impaired Glucose Tolerance (IGT).
 - c. This pop-up is for information only.



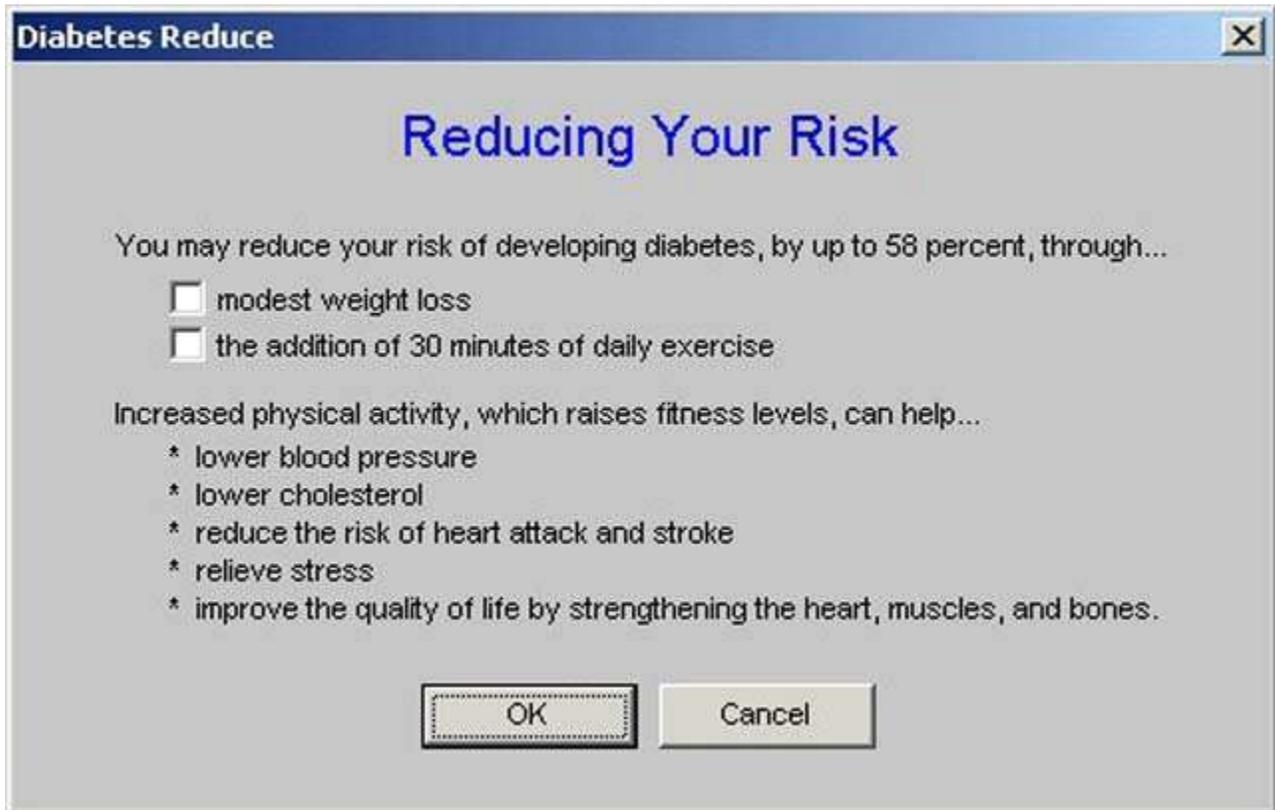
5. **Current Strategies** – the fifth hyperlink at the top of Preventing Diabetes. This launches a pop-up entitled **Current Strategies to Prevent Diabetes**.
 - a. There are four elements to this pop-up
 1. Preventing Diabetes Type 1 by preventing gestational exposure to rubella
 2. Encourage present feeding and minimize exposure to cow’s milk in first six months, particularly if a first-degree family member has type 1 diabetes.
 3. Do not stop insulin if type 1 diabetes goes into remission
 4. Low fat diet, active lifestyle and ideal body weight for those with relatives with type 2 diabetes.
 - b. There is a box which when checked launches a document with more information on these four prevention strategies.



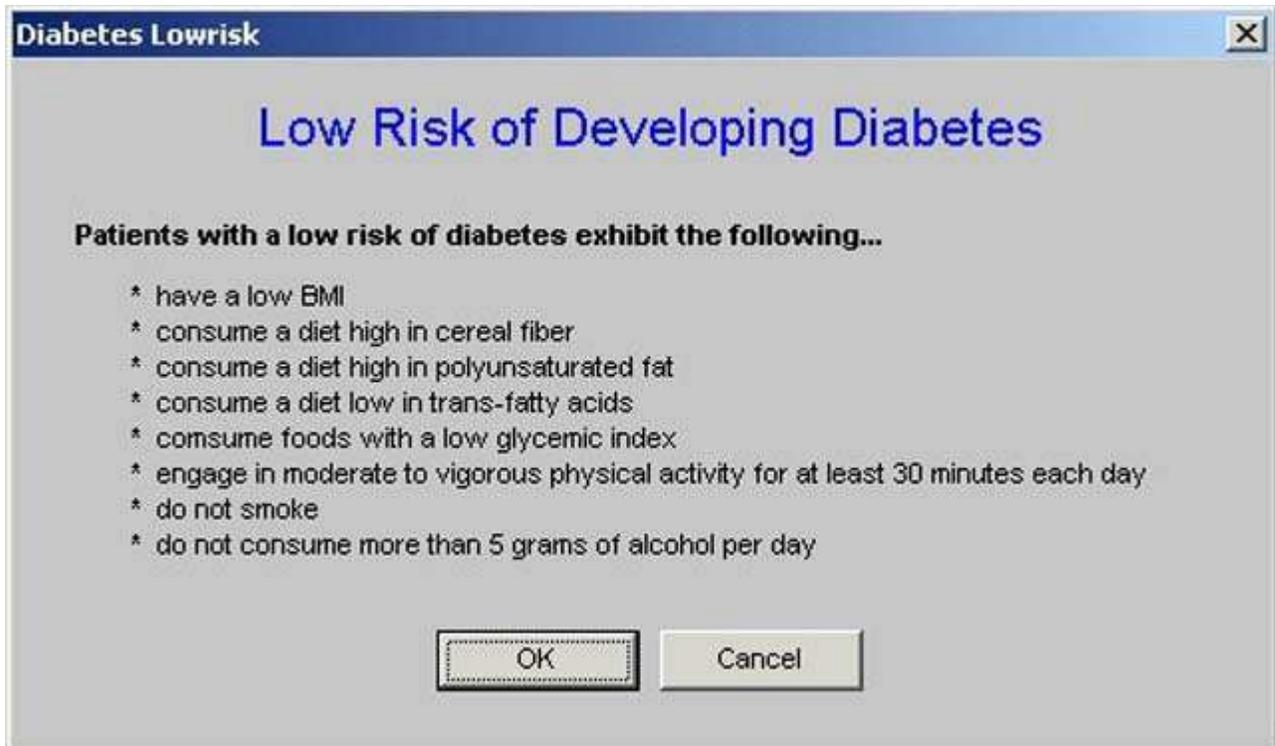
6. **Could You Have Diabetes And Not Even Know It?** Is the sixth hyperlink.
 - a. In response to seven questions, a point total is calculated.
 - b. The conclusion will tell if a person is at high or low risk of diabetes.



7. **Reducing Your Risk** is the seventh hyperlink. It identifies seven lifestyle and therapeutic measures which a person can undertake to decrease the risk for developing diabetes.



8. **Low Risk of Developing Diabetes** is the eighth hyperlink. This pop-up identifies eight characteristics of those who are known to have a low risk of developing diabetes.



Concluding the Diabetes Prevention Template

- The final step to completing the use of the Preventing Diabetes template is the creation of a note by single clicking the **Document** button.
 1. This will generate a document that can then be given to the patient to help them understand clearly how they can avoid diabetes.
 2. Remember: the best way to treat diabetes is still not to get it.

Preventing Diabetes Patient:

[Screening Recommendations](#)
[Predicting Diabetes](#)
[Screening Insulin Resistance](#)
[IFG and IGT](#)
[Current Strategies](#)
[Could You Have Diabetes and Not Even Know It?](#)
[Reducing Your Risk](#)
[LOW Risk of Developing Diabetes](#)

Patient Information
[What is Pre-Diabetes?](#)
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[Applying the Glycemic Index](#)
[Glycemic Load](#)
[Insulin - Friend or Foe](#)
[Hyperinsulinemia](#)
[Hunger, Insulin, and Meals](#)
[Hunger, Fat, and Fav Foods](#)
[Print All](#)

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[Physical Activity](#)
[Behavior Modifications](#)
[Summary of Studies](#)
[Lifestyle and Diabetes](#)
[Visceral Fat](#)
[Insulin Resistance Summary](#)
[Questions and Answers](#)

Prediabetics have an atherogenic pattern of CV risk factors which are predominantly observed in prediabetics with increased HOMA-IR and fasting insulin, i.e., insulin resistance.

Diagnosis	Fasting Test	Casual Test
Diabetes	> 126 mg/dL	> 200 mg/dL
Pre-Diabetes	100 - 125 mg/dL	140 - 199 mg/dL
None	< 100 mg/dL	< 140 mg/dL

Vital Signs
 Height: 72.00 Waist: .00
 Weight: .00 Hips: .00
 BMI: Ratio: .00
 Body Fat: 22 Blood Pressure: / /
 BMR: / /
 Protein Req: / /

Fasting Lab Results
 FPG: // // // //
 Cholesterol: 150 06/06/2007
 HDL: // // // //
 2-Hr OGTT: 0 // // //
 LDL: // // // //
 Triglycerides: 175 06/06/2007
[DM Prediction Rule](#) [Magnesium](#) // // // //
 > 4 doubles the risk of DM

Treatment

Insulin Resistance	Homocysteine
Impaired Fasting Glucose	hsCRP
Hypertriglyceridemia	Endothelial Dysfunction

Diabetic Education Referral (Double-Click)

Priority	Referring First	Referring Last	Referral

Links
[Insulin Resistance](#)
[Hypertension Mgmt](#)
[Weight Mgmt](#)
[Exercise](#)
[Lipids Mgmt](#)
[Metabolic Syndrome](#)
[Smoking Cessation](#)

- There is also a list of 13 documents for patient education on diabetes prevention.
 1. There are three hyperlinks to the right of the document hyperlinks.
 2. The first hyperlink will auto print the first six documents.
 3. The second hyperlink will print the next three.
 4. The last hyperlink will print the next four.

Preventing Diabetes Patient:

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Vital Signs

Height	<input type="text" value="72.00"/>	Waist	<input type="text" value=".00"/>
Weight	<input type="text" value=".00"/>	Hips	<input type="text" value=".00"/>
BMI	<input type="text"/>	Ratio	<input type="text" value=".00"/>
Body Fat	<input type="text" value="22"/>	Blood Pressure	<input type="text"/> / <input type="text"/>
BMR	<input type="text"/>		
Protein Req	<input type="text"/>		

Fasting Lab Results

FPG	<input type="text"/> / /	Cholesterol	150	06/06/2007
2-Hr OGTT	<input type="text"/> / /	HDL	<input type="text"/>	/ /
DM Prediction Rule	<input type="text"/>	LDL	<input type="text"/>	/ /
	> 4 doubles the risk of DM	Triglycerides	175	06/06/2007
		Magnesium	<input type="text"/>	/ /

Treatment

Insulin Resistance	Homocysteine
Impaired Fasting Glucose	hsCRP
Hypertriglyceridemia	Endothelial Dysfunction

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Priority	Referring First	Referring Last	Referral
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Links

[Insulin Resistance](#)
[Hypertension Mgmt](#)
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[Lipids Mgmt](#)
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Return
Document

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[Print All](#)

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- [Insulin Resistance Summary](#)
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- Then there are nine documents for provider education

Preventing Diabetes

Patient:

[Screening Recommendations](#) [Predicting Diabetes](#) [Screening Insulin Resistance](#) [IFG and IGT](#) [Current Strategies](#)
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Vital Signs

Height	<input type="text" value="72.00"/>	Waist	<input type="text" value=".00"/>
Weight	<input type="text" value=".00"/>	Hips	<input type="text" value=".00"/>
BMI	<input type="text"/>	Ratio	<input type="text" value=".00"/>
Body Fat	<input type="text" value="22"/>	Blood Pressure	<input type="text"/>
BMR	<input type="text"/>		<input type="text"/>
Protein Req	<input type="text"/>		<input type="text"/>

Fasting Lab Results

[Check for New Labs](#)

FPG	<input type="text"/>	Cholesterol	<input type="text" value="150"/>	<input type="text" value="06/06/2007"/>
<input type="text"/>	<input type="text"/>	HDL	<input type="text"/>	<input type="text"/>
2-Hr OGTT	<input type="text"/>	LDL	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	Triglycerides	<input type="text" value="175"/>	<input type="text" value="06/06/2007"/>
DM Prediction Rule	<input type="text"/>	Magnesium	<input type="text"/>	<input type="text"/>

> 4 doubles the risk of DM

Treatment

<input type="checkbox"/> Insulin Resistance	<input type="checkbox"/> Homocysteine
<input type="checkbox"/> Impaired Fasting Glucose	<input type="checkbox"/> hsCRP
<input type="checkbox"/> Hypertriglyceridemia	<input type="checkbox"/> Endothelial Dysfunction

Diabetic Education Referral (Double-Click)

Priority	Referring First	Referring Last	Referral
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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