

Transcript Details

This is a transcript of an educational program. Details about the program and additional media formats for the program are accessible by visiting: <https://reachmd.com/clinical-practice/diabetes-and-endocrinology/easd-highlights-prediabetes-diagnosis-prevalence-misclassification-risks-and-the-potential-for-remission/39700/>

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EASD Highlights: Prediabetes Diagnosis, Prevalence, Misclassification Risks, and the Potential for Remission

Announcer:

Welcome to DataPulse from EASD 2025 on ReachMD. This activity, titled “EASD Highlights: Prediabetes Diagnosis, Prevalence, Misclassification Risks, and the Potential for Remission” is provided by Medcon International.

Dr. Rutters:

Welcome here at the EASD 2025 in Vienna. My name is Dr. Femke Rutters, and I work at the Amsterdam UMC in the Netherlands. I hosted, together with my colleague Matthias Schulze, a session on prediabetes. And prediabetes, you ask, what is that? It's basically the stage before people get diabetes. So your glucose levels, your HbA1c levels are increased, but they're not at the level of diabetes yet.

So what we saw in this session was an amazing study of where they estimated the prevalence of prediabetes worldwide. And they saw that about 13% of all people worldwide have prediabetes, which means 650 million people currently have prediabetes. And that has risks because people with prediabetes are at risk for cardiovascular disease, and of course, diabetes.

What we also saw is that there's hope. Is that if you go in remission for prediabetes, so you normalize your glucose levels again, you reduce your cardiovascular risk, and about 1/4 of all people on lifestyle interventions are able to reverse their prediabetes to normal glycemic values.

So like Nelson Mandela said, “By teaching, we change the world.” So I think it's important to keep yourself updated, keep learning, keep growing. So if you come along any good knowledge, any good guidelines, read them, interest yourself, educate yourself.

From the EASD 2025, my name is Dr. Femke Rutters. Thank you for listening.

Announcer:

Thank you for listening to this DataPulse from EASD 2025 on ReachMD. This activity is provided by Medcon International. . Thank you for listening.