

To the health care provider:

This patient is at lower risk for type 2 diabetes; however if your patient is age 45 or older or if your younger patient is overweight and has an additional risk factor such as high blood pressure, he or she may benefit from screening for type 2 diabetes and prediabetes. Finding people with prediabetes is important because weight loss or metformin therapy can delay or prevent progression to type 2 diabetes. The next step in helping this patient would be to review the patient's family and medical history information to determine if additional testing is required.

Your patient has completed the type 2 diabetes risk assessment module of the U.S. Surgeon General's My Family Health Portrait web-based family history tool. The module is based on a validated risk algorithm for type 2 diabetes and current recommendations from the American Diabetes Association and the National Institute of Diabetes and Digestive and Kidney Disease of the National Institutes of Health (<http://www2.niddk.nih.gov/>).

The risk estimate generated by this tool uses both family and personal medical history information to classify patients into average or elevated risk categories. As no risk assessment tool is perfect, the patient has been instructed to seek your advice regarding their risk for type 2 diabetes and steps they should take to reduce their risk.

Consider testing plasma glucose if the patient is:

- Age 45 or older
- An overweight adult ($\text{BMI} \geq 25 \text{ kg/m}^2$; ≥ 23 if Asian American or ≥ 26 if Pacific Islander) with one or more of the following risk factors:
 - Family history: has a first-degree relative with diabetes
 - Race/Ethnicity: African American, Hispanic/Latino, American Indian and Alaska Native, Asian American or Pacific Islander
 - History of gestational diabetes or gave birth to a baby weighing $> 9 \text{ lbs}$
 - Hypertension: blood pressure $> 140/90$
 - Abnormal lipid levels: HDL cholesterol level $< 35 \text{ mg/dl}$; triglyceride level $> 250 \text{ mg/dl}$
 - Impaired glucose tolerance (IGT), impaired fasting glucose (IFG): on previous testing
 - Signs of insulin resistance: such as acanthosis nigricans or polycystic ovarian syndrome (PCOS)
 - History of vascular disease: diagnosed by physical exam and testing

- Inactive lifestyle: being physically active less than three times a week

For more information on type 2 diabetes please visit the National Institute of Diabetes and Digestive and Kidney Disease's National Diabetes Education Program at:

<http://ndep.nih.gov/hcp-businesses-and-schools/HealthCareProfessionals.aspx>