

# PROVIDER LETTER—NO INCREASED RISK

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## This individual is not at an increased risk for developing type 2 diabetes.

This individual 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 (<https://phgkb.cdc.gov/FHH/>). 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, this individual has been instructed to seek your advice regarding their risk for type 2 diabetes, possible testing, and steps they should take to reduce their risk.

## Next Steps

- **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.**
- **Consider testing fasting plasma glucose if the patient is:**
  - Age 45 or older
  - An overweight adult (BMI  $\geq 25$  kg/m<sup>2</sup>;  $\geq 23$  if Asian American or  $\geq 26$  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 lbs
    - Hypertension: blood pressure >140/90
    - Abnormal lipid levels: HDL cholesterol level <35mg/dl; triglyceride level >250 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>

For patient information <http://diabetes.niddk.nih.gov/dm/pubs/riskfortype2/> and <http://ndep.nih.gov/am-i-at-risk/family-history> or call 1-800-860-8747

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