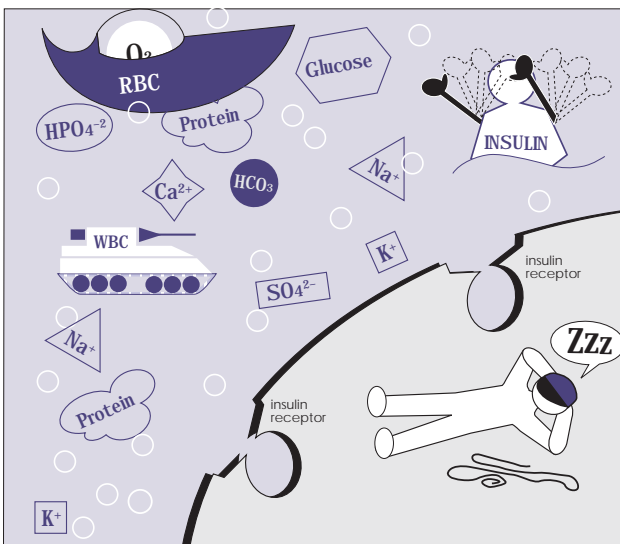
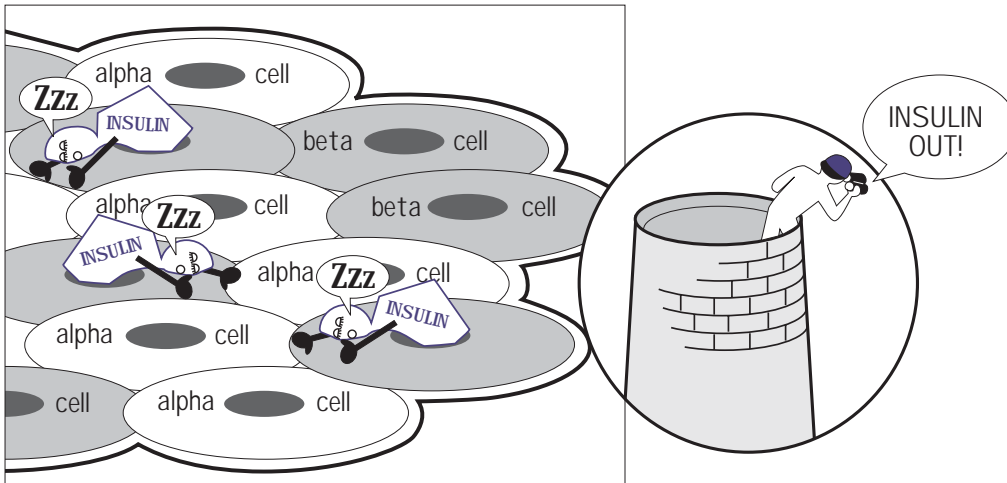


Insulin Resistance → Metabolic Syndrome → Type 2 Diabetes



Previously referred to as “adult-onset diabetes,” type 2 diabetes was a disease of middle-aged or older adults. Today, metabolic syndrome and type 2 diabetes are being diagnosed in more and more children, teens, and young adults. Along with a genetic predisposition, the primary controllable risk factors are physical inactivity and diets high in calories and saturated fat. An increase in physical activity and a healthier diet, along with other lifestyle changes, are recommended to treat and/or reverse metabolic syndrome and prevent type 2 diabetes. If lifestyle changes do not reverse symptoms of metabolic syndrome within three months, various medications are recommended to assist in treatment.

American Diabetes Association Parameters for Blood Glucose Tests

FASTING GLUCOSE TEST (FGT)

Fasting glucose measurement describes the concentration of glucose in milligrams dissolved in one tenth of a liter (one deciliter) of blood after an eight to twelve hour fast.

ORAL GLUCOSE TOLERANCE TEST (OGTT)

The oral glucose tolerance test measurement describes the concentration of glucose in milligrams dissolved in one tenth of a liter (one deciliter) of blood two hours after ingesting a glucose beverage.

1 deciliter



GLUCOSE MEASUREMENTS (mg-dL)

FGT	OGTT
Normal 80-110	Normal <140
Impaired Fasting Glucose 110-126	Impaired Glucose Tolerance 140-199
Diabetes ≥126	Diabetes ≥200