P-0801 – How Effective Is The Prediabetes Risk Score To Determine Prediabetes In Turkish Patients ?

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INTRODUCTION:

Prediabetes is the term used for individuals with impaired fasting glucose (IFG) and/or impaired glucose tolerance (IGT) and/or A1c 5.7-6.4%. It has been shown that 5-10% of the prediabetic patients go to the diabetes stage per year. Approximately 70% of prediabetic patients who are followed for life time are diabetic in the later stages of their life.

Prediabetes risk score is a simple test including 7 questions about age, gender, gestational diabetes, family history, high blood pressure presence, physical activity and weight. ≥ 5 values for the test are considered positive.

In this study we identified those who were at risk of diabetes among patients who applied to outpatient clinic. American Diabetes Association (ADA) risk test Turkish version and 75g oral glucose test are applied to the patient under the risk. We aimed to compare the proportion of diabetes and prediabetes patients in the region and ADA risk test results.

METHODS:

Among the patients admitted to the outpatient clinic in Erzurum, the biggest city of eastern Anatolia, Turkey, with any complaint, 75g oral glucose tolerance test was performed in 35 male and 65 female patients. Oral glucose tolerance test was applied to patients with a fasting blood glucose of 100-126mg / dl, obese, unexplained retinopathy, neuropathy and coronary disease or a history of gestational diabetes. At the same time a Turkish version of the ADA prediabetes risk test was applied.

RESULTS:

66 patients had prediabetes risk score ≥ 5 . When the OGTT results of these patients were examined, DM was found in 17 patients, IFG in 16 patients, IGT in 6 patients and IFG + IGT in 13 patients. OGTT results were normal in 12 patients with positive prediabetes risk score. 2 patients OGTT test results are missing.

34 patients had a prediabetes risk score < 5 and were evaluated as negative. When OGTT results were examined, 1 patient had diabetes, 7 patients had IFG, 3 patients had IGT and 10 patients had IFG + IGT. OGTT results of 11 patients were evaluated as normal. 2 patients OGTT test results are missing.

	Prediabetes risk score ≥ 5	Prediabetes risk score < 5
DM	17	1
IFG	16	7
IGT	6	3
IFG+IGT	13	10
Normal	12	11

CONCLUSION:

The prediabetes risk score test is a short test that includes easy-to-understand, clear questions. The patients can also apply the test on their own. Although it is such a simple test, it is very important for determining prediabetes. The prediabetes rate in Turkey according to A1C level is 26,7%. The frequency of IFG+IGT is approximately 28%. ADA recommends that patients with ≥ 5 values be considered at risk for diabetes. Our study found that a positive prediabetes risk score was very useful in determining diabetes and prediabetes. But unfortunately prediabetes has been detected in the majority of patients with negative score. It is not wrong to say that lower cut-off values for Turkish patients may be more beneficial for the risk of prediabetes when these results are taken into consideration. So we think it would be beneficial to conduct larger studies.