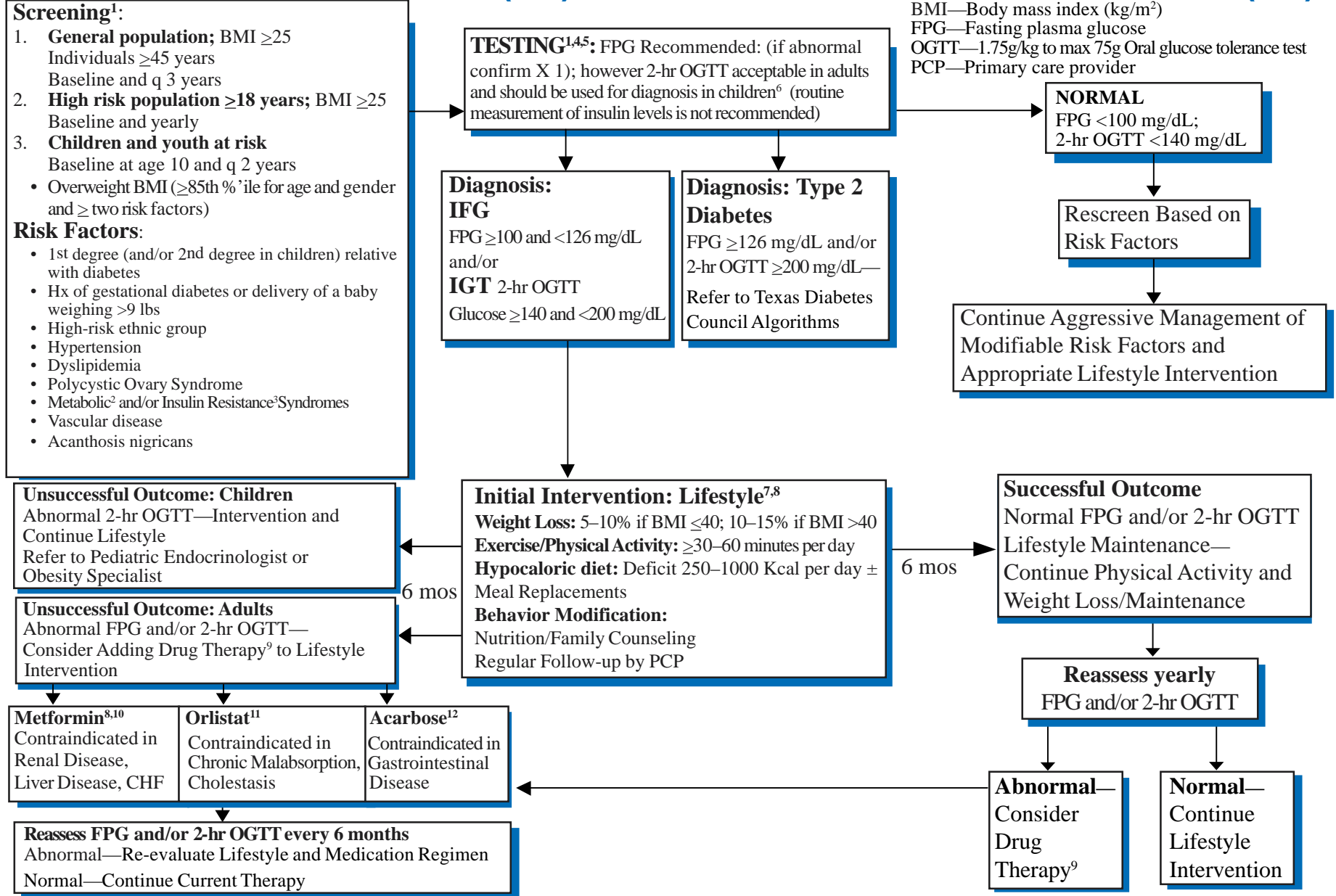


PREVENTION AND DELAY OF TYPE 2 DIABETES IN CHILDREN AND ADULTS WITH

IMPAIRED FASTING GLUCOSE (IFG) AND/OR IMPAIRED GLUCOSE TOLERANCE (IGT)



Footnotes

1. American Diabetes Association: Clinical Practice Guidelines 2004. Screening for type 2 diabetes. *Diabetes Care*. 2004;27(suppl 1):S11-4; *Diabetes Care*. 2005;28(suppl 1):S4-S36.
2. National Cholesterol Education Program Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III). *JAMA*. 2001;285(19):2486–97.
3. American College of Endocrinology position statement on the insulin resistance syndrome. *Endocr Pract*. 2003;9(3):237-52.
4. American Diabetes Association: Clinical Practice Guidelines 2004. The prevention or delay of type 2 diabetes. *Diabetes Care*. 2004;27(suppl 1):S47-54; *Diabetes Care*. 2005;28(suppl 1):S4-S36.
5. Edelstein SL, Knowler WC, Bain RP, et al. Predictors of progression from impaired glucose tolerance to NIDDM: an analysis of six prospective studies. *Diabetes*. 1997;46(4):701-10.
6. Sinha R, Fisch G, Teague B, et al. Prevalence of impaired glucose tolerance among children and adolescents with marked obesity. *N Engl J Med*. 2002;346(11):802-10. Erratum in: *N Engl J Med*. 2002;346(22):1756. Correction of dosage error in abstract.
7. See Texas Diabetes Council algorithms for treatment of exercise, weight loss, and nutrition.
8. Knowler WC, Barrett-Connor E, Fowler SE, et al. Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med*. 2002;346(6):393-403 (dose of metformin 850 mg twice daily).
9. No medication is currently FDA-approved for prevention of type 2 diabetes in adults, but a number of studies provide evidence for drug treatment.
10. Metformin is as effective as lifestyle intervention in individuals <age 45 or those with BMI ≥ 35 ; metformin is nearly ineffective in individuals \geq age 60 or those with BMI <30 (DPP evidence).
11. Torgerson JS, Hauptman J, Boldrin MN, et al. XENical in the prevention of diabetes in obese subjects (XENDOS) study: a randomized study of orlistat as an adjunct to lifestyle changes for the prevention of type 2 diabetes in obese patients. *Diabetes Care*. 2004;27(1):155-61 (dose of orlistat 120 mg three times daily with food).
12. Chiasson JL, Josse RG, Gomis R, et al. Acarbose for prevention of type 2 diabetes mellitus: the STOP-NIDDM randomised trial. *Lancet*. 2002;359(9323):2072-7 (dose of acarbose 100 mg three times daily with food).