Knowledge and impact of diabetes in patients in a tertiary clinic in Southeast Nigeria

Diabetes in Nigeria – a translational medicine approach

Prevalence of prediabetes in secondary school students in Port Harcourt, Nigeria

Age at diagnosis and duration of type 2 diabetes seen in Benin City, Nigeria

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Erratum

In *AJDM*'s November 2014 edition (Vol 22 No 2, pages 8-9), Adrian Sanders name was misspelt as 'Saunders' instead of 'Sanders'. We would like to apologies for this mistake. The digital version of the manuscript has been updated on the website.

Editorial

The problem of 'prediabetes'

This edition of *AJDM* contains a very interesting article by Dr. T Jaja and colleagues from Nigeria, concerning the problem of 'prediabetes' in secondary school students. They found that impaired fasting glycaemia (IFG) occurred in 17%. Of these, a subgroup underwent oral glucose tolerance testing, and 15% had impaired glucose tolerance (IGT). These prediabetic states were, as perhaps expected, associated with obesity and a family history of diabetes.

What is prediabetes and what is its significance? It is generally thought that the term includes patients with IFG and/or IGT, and that it carries a high risk of progression to type 2 diabetes, and may also be an independent vascular risk factor. An immediate difficulty is that definitions of IFG vary. In particular, the American Diabetes Association (ADA) recommends a fasting glucose range of 5.6 to 6.9 mmol/l rather than the World Health Organization (WHO) levels of 6.0 to 6.9 mmol/l for the diagnosis of IFG. More recently, glycated haemoglobin (HbA1c) has been used for the definition of prediabetic states, and again there is discrepancy between ADA (5.7 to 6.4%) and WHO (6.0 to 6.4%) definitions.

The lower ADA definitions have significant implications for the numbers diagnosed with states of intermediate glycaemia, and there has been recent debate as to whether these low criteria are realistic or adequately evidence-based.[1] The article from Nigeria in this issue of the *AJDM* is a good example of the problems these varying definitions may cause. These workers used American criteria, and showed an IFG prevalence of 17%, but using WHO criteria it was only 4%.

Prediabetes is a useful term for identifying those at risk from type 2 diabetes, and they are a good group to target healthy living education. However, we urgently need a globally agreed definition.
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Reference
1. Yudkin JS, Montori VM. The epidemic of prediabetes : the medicine and the politics. *Brit Med J* 2014, 349: g4485.