

Effect of treatment on prediabetic patients in Fresno county

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Introduction

- Early identification and treatment is necessary to prevent diabetes progression
- CA Central Valley incidence rate is 8.8%
- CA incidence rate is 7.8%

Objective

- Compare lifestyle changes to lifestyle with metformin for preventing progression to diabetes

Methods

- Retrospective chart review
- One clinic
- HbA1c used as outcome
- Logistic regression analysis

Results

- 313 subjects
- 58% female
- 58% Hispanic
- Prediabetes
 - Mean age 51 (SD 11)
 - HbA1c 6% (SD 0.2)

Red: lifestyle only n=147

Green: lifestyle + metformin n=67

Blue: no intervention n=99

Findings

- 61 developed diabetes
- Lifestyle modification was better than lifestyle with metformin

Conclusions

- Retrospective limitations impacted validity of study
- Established framework for future work

