

Prevention of Diabetes

Primary Prevention (Aimed at preventing the onset of diabetes in healthy individuals, especially those at risk.)

1. Tertiary Prevention (Aimed at managing diabetes and preventing complications in diagnosed individuals.)

1. Secondary Prevention (Aimed at early detection and preventing the progression of prediabetes to type 2 diabetes.)

1. Lifestyle Interventions For individuals with prediabetes, focus on targeted lifestyle changes like increased physical activity and dietary improvements.

Behavioral Counseling Provide support for maintaining lifestyle changes, such as weight-loss programs or dietitian consultations.

Preventing Complications Monitor for and manage complications such as diabetic retinopathy, neuropathy, nephropathy, and cardiovascular disease.

Medical Management Use medications like metformin in high-risk individuals, as recommended by a healthcare provider.

Glycemic Control Regular monitoring and management of blood glucose levels with medication, insulin, and lifestyle changes.

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