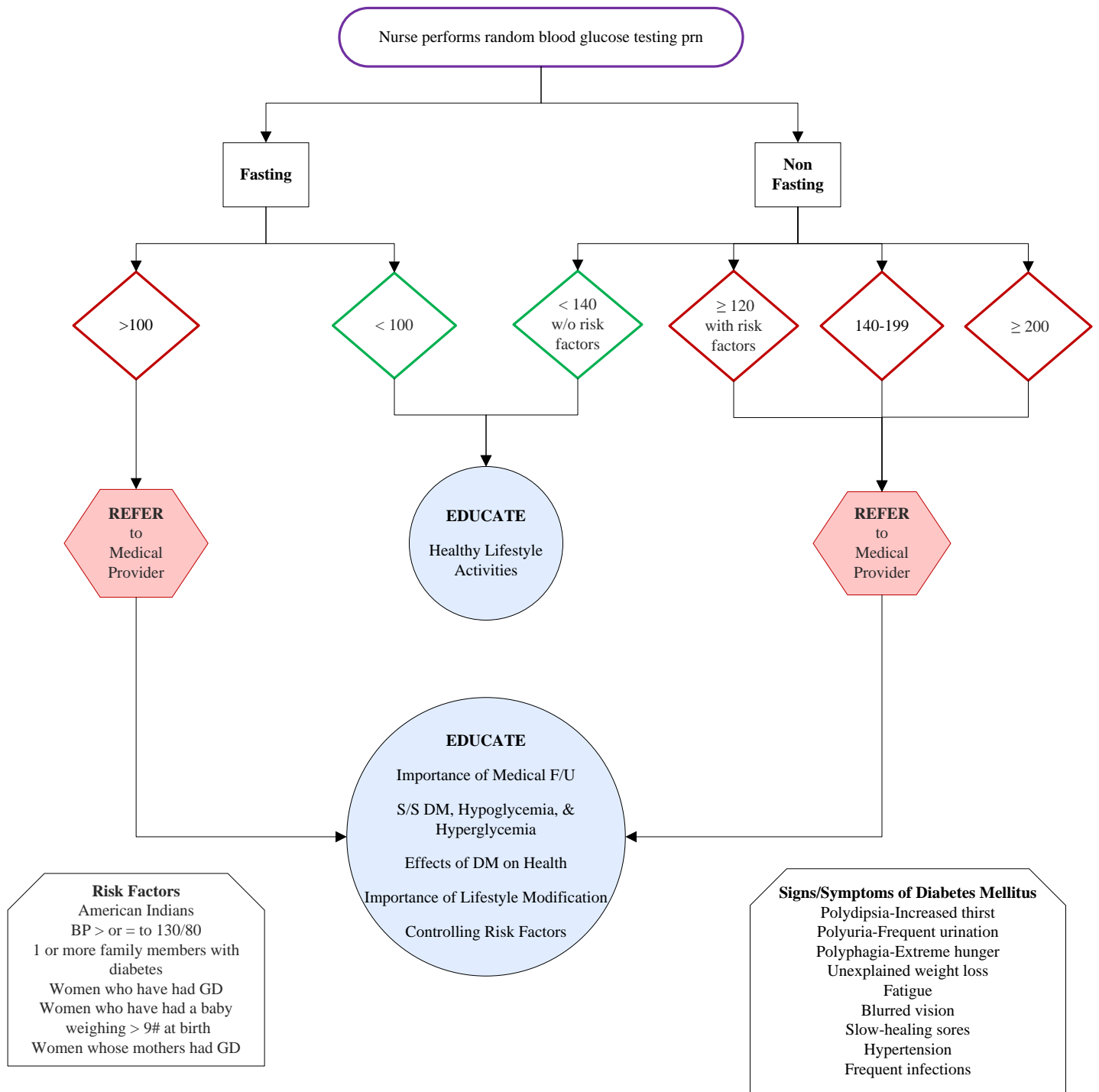


# Diabetes Mellitus



## Recommendations for Testing for Pre-diabetes/Diabetes in AI/AN Adults

Overweight/obese (BMI)  $\geq 25$   
 First degree relative with type 2 diabetes  
 History of gestational diabetes (GDM) or delivery of a baby weighing  $> 9$  lbs.  
 Polycystic ovarian syndrome (PCOS)  
 Cardiovascular disease (CVD)  
 Hypertension  $> 140/90$  mm/Hg  
 HDL cholesterol  $< 35$  mg/dL and/or triglycerides  $> 250$  mg/dL  
 Acanthosis nigricans

**Note:** In patients who present with hyperglycemic symptoms, testing for diabetes is warranted regardless of risk factors listed above.

## Recommendations for Testing for Diabetes/Prediabetes in AI/AN Youth

BMI  $> 85$ th percentile with any of the following risk factors:  
 Family history of diabetes  
 Signs of insulin resistance or conditions associated with it [e.g., acanthosis nigricans, polycystic ovarian syndrome (PCOS), hypertension, dyslipidemia, small-for-gestational-age (SGA), or large-for-gestational-age (LGA) birth weight]  
 Maternal history of diabetes or gestational diabetes during child's gestation.

Start testing at-risk children at age 10 years (or younger if puberty occurs earlier).  
 Test at-risk children  $\leq$  every 3 years.