

OVERVIEW

Diabetes is a major public health burden causing increased morbidity and mortality and worsening the outcomes of other co-existing conditions. This has been further highlighted during the ongoing Covid-19 pandemic - diabetes was one of the most important conditions which worsened outcome of people contracting SARS-CoV-2 infection. Therefore, it is of crucial importance to implement effective preventive strategies to decrease the worldwide incidence of diabetes. Clinical trials have demonstrated that it is possible to prevent diabetes through lifestyle modification, pharmacological intervention, and surgery. This video interview aims to summarize the causes of the diabetes pandemic, the effectiveness of various therapeutic interventions in reducing the risk of progression of pre-diabetes to diabetes, and to address the challenges of implementing a diabetes prevention program at a community level.

LEARNING OBJECTIVES

1. Describe the pathophysiology of the progression from pre-diabetes to diabetes
2. Understand the impact of weight loss for diabetes prevention
3. Apply lifestyle modification strategies to effectively prevent diabetes

TARGET AUDIENCE

This activity is designed for Diabetologists, Endocrinologists, General Practitioners, Internists and specialists involved in the diagnosis and management of patients with diabetes.



FACULTY

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