



## Pre-diabetes and coronary heart disease: Are you at risk?

Mr. Cheng is a man in his early 50s. He is a non-smoker and has been having basic annual medical check ups for the past 5 years and was told to be fine except for borderline cholesterol. His fasting glucose has always been normal. Very recently, he was rushed to hospital with severe central chest pain. ECG confirmed early heart attack. He underwent emergency treatment with balloon angioplasty. Six weeks following discharge from hospital, he had further investigations, including an oral glucose tolerance test which showed a 2-hour glucose of 10.2 mmol/L. He has pre-diabetes!

This is all too common a story. The key lesson is that PRE-DIABETES is a risk factor for coronary heart disease and stroke. This can only be diagnosed by an ORAL GLUCOSE TOLERANCE TEST (OGTT), a test that is not included in most medical check ups. The OGTT involves a blood test for fasting glucose and is then followed by a 75g glucose drink. A second blood test is then required 2 hours later. The 2-hour glucose confirms pre-diabetes if it is between 7.8 – 11.1 mmol/L, even if the fasting glucose may be normal.

Early identification and treatment of pre-diabetes with dietary modification and regular exercise, in conjunction with medication specifically lowers “after-meal glucose” will help not only delays the progression to type 2 diabetes, but also helps to prevent coronary heart disease.

*information provided by Dr. Norman N. Chan MD,  
Specialist in Endocrinology, Diabetes & Metabolism*