

## Section 12: Diabetes Mellitus

### Summary of Recommendations

*Prevención Clínica. Guía para médicos - Washington, D.C.; PAHO, 1998. 334 p. - Scientific Publication N° 568*

1. Systematic screening for diabetes mellitus has never been proven effective for asymptomatic adults without risk factors. There is sufficient evidence to exclude systematic diabetes screening of the general population from periodic health examination (PHE), except for pregnant women. Type of recommendation: (D)
- Periodic study of people with diabetes mellitus risk factors—i.e. obesity, advanced age, family history of diabetes, member of high-risk ethnic group—may be a reasonable compromise between systematic screening and the complete lack of screening.

### Proposed Basic Indicators

Nº	Indicator	Numerator/denominator X 100
1.	Prevalence of people with hyperglycemia	Total number of people with blood glucose $\geq 126$ mg/dl or who are being treated with medication
		Total number of participants in the study
2.	People with diabetes who claim to be following some type of treatment	Number of diabetics who claim to be following some type of treatment
		Number of people who claim to have diabetes
3.	People with diabetes who have blood glucose levels under control	Total number of people with blood glucose $< 126$ mg/dl
		Number of people with diabetes who claim to be following some type of treatment
4.	People with selected diabetes risk factors who have had their glucose levels measured at least once	Number of people who have had their blood glucose measured
		Total number of people with a specific diabetes risk factor (obesity)
5.	Type of diabetes treatment: (a) treatment with medication (b) treatment without medication (diet/exercise) (a + b) both	(a) or (b) or (a + b)
		Number of people with diabetes who are following some type of treatment

