

Screening for Type 2 DM

- FBS < 5.7: no action
- FBS > 7.0: diabetes

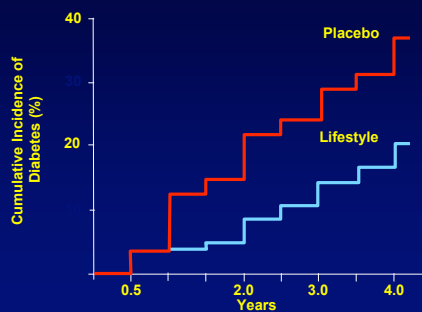
CDA Guidelines: Perform 2 hr 75g OGTT

- FBS 5.7-6.9 + risk factor
- FBS 6.1-6.9

DREAM: Risk of developing Diabetes

- IFG (6.1-6.9 mmol/L) 7.0%/yr
- IGT (FBS<7, 2 hr 7.8-11.1) 6.1%/yr
- IFG + IGT 14.0%/yr

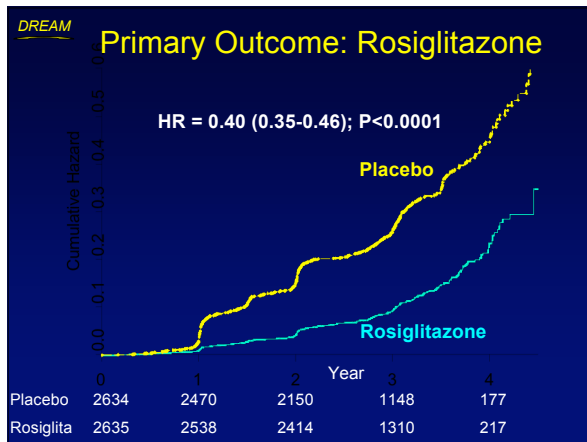
Modest Weight Loss Prevents Diabetes



The DREAM Trial

- Aims:** Does ramipril 15 mg/d prevent diabetes?
Does rosiglitazone 8 mg/d prevent diabetes?
- Design:** 2 X 2 factorial, double-blind RCT
- Sample:** Age 30+; IGT (FPG <7 & 2 hr 7.8-11) &/or IFG (FPG 6.1-6.9)
- Pts:** 5269 in 191 sites, 21 countries, & F/U 3 yrs
- Outcome:** Incident DM (confirmed FPG \geq 7 or 2 hr \geq 11.1; or MD diagnosis) or death*

*because undiagnosed diabetes may be more frequent in those who die than in those who do not



DREAM

Vascular Events

	Ramipril	Placebo	Rosiglitazone	Placebo
Heart failure	12	4	14	2
MI	13	11	15	9
CV-death	12	10	12	10
CVA	4	8	7	5
Revascularization	27	35	35	27