

## Prevention of type 2 diabetes : from science to therapy

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### Abstrak

Prevention of type 2 diabetes can be achieved properly by simultaneous prevention of obesity. Prediabetes, or metabolic syndrome, is the period between simple obesity and diabetes, and this critical period needs to be identified in a more consistent and systematic manner by clinicians worldwide. Clinical trials have indicated that diabetes prevention can be achieved by lifestyle changes and also by certain medications, though none are yet approved for use in prevention. On the other hand, there are funding agencies such as the NIH, CDC, and state institutions that are interested in studying the prevention paradigms in different communities and ethnic minorities who are most prone to this epidemic. For these reasons, this title by renowned physician-scientist Derek LeRoith is both timely and vitally important for academic physicians, practitioners, allied health care providers, analysts, community activists, and all others interested in this increasing epidemic. This book provides a unique and comprehensive synthesis of the prevention and early diagnosis of Type 2 Diabetes, focusing on identifying risk factors and then moving into topics that address how to prevent their progression to full-blown diabetes. The difficult task of changing patients' behavior is given special emphasis. The chapters in this practical volume are written by a wide range of international experts, reflecting the editor's distinguished, internationally renowned career. The volume is organized in eight sections: an introduction to the overall issue of prevention, definitions of values based on ADA guidelines, pathophysiology, discussion of a range of interventional trials regarding prevention, and an overview of state-of-the-art clinical management approaches.