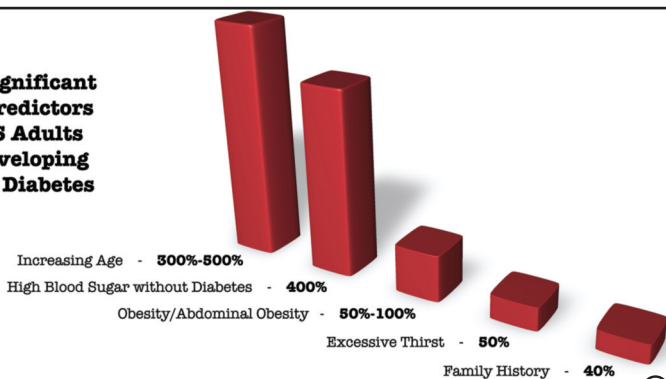


Asking The Right Questions May Lead To Earlier Intervention In Pre-diabetes

Most Significant Risk Predictors For US Adults For Developing Type 2 Diabetes



SOURCE: SHIELD (The Study to Help Improve Early evaluation and management of risk factors Leading to Diabetes) presented at the American Diabetes Association's 71st Annual Scientific Sessions. SHIELD is sponsored by AstraZeneca. 1261703 6/11

(NAPSA)—There is good news and a new challenge in type 2 diabetes. First the good news: Predictors for type 2 diabetes are easily identifiable, according to a large community study undertaken to understand diabetes and the disease burden, and may lead to earlier intervention for people at risk. SHIELD (The Study to Help Improve Early evaluation and management of risk factors Leading to Diabetes) is the largest non-governmental study of its kind. AstraZeneca sponsored the study.

SHIELD data demonstrated that simple, easily available information, e.g., age, family history, obesity characteristics adults can self-identify are strong predictors for developing type 2 diabetes. The presence of these factors significantly boosts risk of transition, by as much as 300%-500%. Furthermore, clinicians may not need any other patient-reported symptom besides excessive thirst to further screen for type 2 diabetes. Active understanding of these pre-diabetes risk factors and early intervention may reduce transition to type 2 diabetes.

The challenge, however, is that those with already diagnosed type 2 diabetes need to do more to turn their knowledge into healthy behaviors. While most people with diabetes are well informed about their disease and have good access to health care, this knowledge has not generally led to healthy behavior for those with type 2 diabetes.

“SHIELD confirmed it is time we move well beyond awareness. We need patients who are informed and take the next step in behavior modification,” said Dr. James R. Gavin III, MD, PhD, Emory Uni-

versity School of Medicine and SHIELD study group member.

Risk Predictor Data Findings

The most significant predictor for developing type 2 diabetes, confirmed SHIELD, was increasing age boosting risk by 300%-500% and was highest for those between the ages of 55-64. The presence of high blood sugar without diabetes increased risk of transitioning to type 2 diabetes by 400%. Obesity and carrying excess abdominal fat boosted risk by 50%-100%. Excessive thirst increased risk by 50% and family history increased risk of transitioning to type 2 diabetes by 40%.

About SHIELD

SHIELD (The Study to Help Improve Early Evaluation and Management of Risk Factors Leading to Diabetes) was a 5-year longitudinal, population-based survey conducted from 2004 to 2009 to better understand the risk for the development of diabetes mellitus, as well as disease burden. The objectives of SHIELD have been to assess:

- Prevalence and incidence of diabetes mellitus and cardiovascular disease (CVD);
- Disease burden;
- Disease progression and transition from pre-disease to diagnosed disease; and
- Knowledge, attitudes, and behavior regarding health

Of the 200,000 households that received the screening questionnaire in 2004, 127,420 households (containing a total of 211,097 adults) returned completed questionnaires. The follow-up baseline survey was mailed to 22,001 respondents to be followed over the subsequent five years with annual surveys.