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(54) Title of the invention : Comprehensive Pre-Diabetes Risk Assessment using Validated Risk Tests and Predictive Analysis

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(57) Abstract :

Prediabetes is a condition characterized by elevated blood sugar levels that are higher than normal but not yet high enough to be classified as diabetes. It often progresses unnoticed, making early detection and intervention critical. This study aims to assess the risk of prediabetes using a comprehensive risk assessment method developed by the American Diabetes Association (ADA) and the Centers for Disease Control and Prevention (CDC). Data from 315 participants will be collected through a detailed questionnaire, alongside clinical measurements, including fasting plasma glucose, 2-hour plasma glucose, HbA1C, and lipid profile. A cumulative risk score will determine the likelihood of developing type 2 diabetes. The study findings reveal a higher prevalence of prediabetes among males compared to females and highlight that hypertensive patients are particularly at risk. Obesity, physical inactivity, a family history of diabetes, and conditions like PCOS and gestational diabetes mellitus (GDM) also contribute to the risk. The study emphasizes the importance of early screening, lifestyle modifications, and public health awareness to prevent the progression of prediabetes to type 2 diabetes, ultimately alleviating the healthcare burden. Keywords: Prediabetes, Type 2 Diabetes, Risk Assessment, Hypertension, Obesity, HbA1C.

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