Going Against the Gr-ADA: Metformin Use in Prediabetes

**Activity Title:**

Jack Janosik, PharmD

PGY2 Ambulatory Care Pharmacy Resident

UPMC Presbyterian/Shadyside

**Speaker:**

**Objectives:**

1. **Identify the diagnostic criteria and incidence of prediabetes**
2. **Discuss current guidance surrounding treatment of prediabetes**
3. **Describe evidence assessing the effect of metformin in prediabetes**

**Presentation Abstract:**

Prediabetes is a disease that affects nearly 1 in 3 American adults. Lifestyle interventions focused on exercising and losing weight is the gold standard of treatment to lower patients’ blood sugar and reduce their risk of developing type 2 diabetes. From a pharmacologic standpoint, metformin has the most evidence supporting its use to prevent/delay the progression of prediabetes to type 2 diabetes. Metformin for prediabetes has been considered in guidelines since as early as 2005. However, with new evidence and updated guidelines, the clinical significance of metformin use in prediabetes remains to be in question. This presentation will review evidence assessing the effect of metformin prediabetes and if there is a benefit for its use in prediabetic patients.

**Test Questions:**

1. According to long-term studies, approximately how many patients with prediabetes will NOT progress to diabetes even after many years?

a. 15%

b. 25%

c. 40%

d. 60% - answer

2. Why is metformin used in prediabetes?

a. Treats elevated BG - answer

b. Lowers MI risk

c. Helps patients lose weight

d. A and B

e. All of the above

3. In which situation would you feel most comfortable recommending metformin for a prediabetic patient?

a. The patient has high ASCVD risk (>10 %)

b. The patient requests metformin - answer

c. You don’t feel that the patient can make necessary lifestyle adjustments

d. The patient is < 45 years of age

**Format:**

[ ]  Live

[ ]  Home study

[x]  Live and Home study

[ ]  Webinar (Live)

2/8/2023

**Date of Live Activity:**

**Activity length (hr. or CEU): 1 hour**

Topic Designators – activities are related to:

If a CPE activity’s target audience is exclusively for pharmacists, the designation “P” will be used as follows:

[x]  01-P Disease State Management/Drug therapy

[ ]  02-P AIDS therapy

[ ]  03-P Law (related to pharmacy practice)

[ ]  04-P General Pharmacy

[ ]  05-P Patient Safety

[ ]  06-P Immunizations

[ ]  07-P Compounding

[ ]  08-P Pain Management/Opioids

**References:**

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