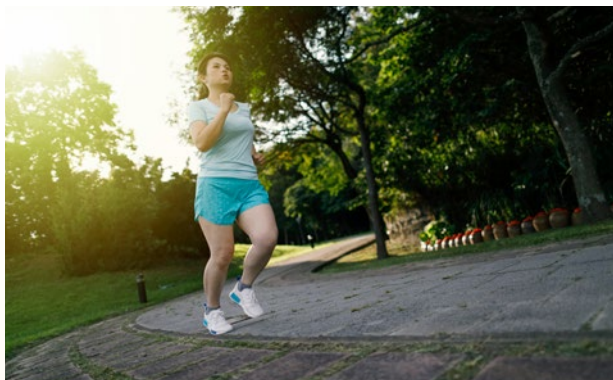




Pre-Diabetes Interventions and Continued Tracking to Ease-out Diabetes (Pre-DICTED) Programme



Individuals with pre-diabetes are at high risk of developing diabetes, which can lead to stroke, kidney disease and heart disease.

Pre-DICTED aims to evaluate the effectiveness of lifestyle intervention, with stepwise addition of metformin, if required, among those with pre-diabetes. The lifestyle interventions are designed to equip participants with the knowledge and skills to make lifestyle changes to reduce their risk of developing diabetes.

We are recruiting local participants with pre-diabetes for the programme.

Contact us if you have patients who:

- Are aged between 18 and 64 years-old (inclusive)
- Have a Body Mass Index (BMI) of 23.0 kg/m² and above
- Are diagnosed with pre-diabetes based on:
 - Fasting plasma glucose: 6.1 - 6.9 mmol/L (110-125 mg/dL) (Impaired Fasting Glucose; IFG) and/or
 - 2-hr plasma glucose (OGTT): 7.8 - 11.0 mmol/L (140-199 mg/dL) (Impaired Glucose Tolerance; IGT)

Their blood sugar level will be monitored every 6 months for up to 3 years.

Study-related tests and evaluation will be provided at no cost. We will keep you informed on the status and test results of your patients if they are enrolled into the programme.

For more details, please visit www.predicted.com.sg

How to refer patients?

After seeking your patient's permission, please email predicted@singhealth.com.sg or text **9115 6276** with your patient's name and contact number. We will follow-up with them. You can also ask your patients to contact us directly.

Conducted by:



Diabetes Centre