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片语健康

前糖尿病

全世界约7.2亿人处于血糖超标但还未被诊断为糖尿病的状态。这种状态被界定为前糖尿病（Prediabetes）。前糖尿病的判定标准是：空腹血糖（Fasting blood glucose）100~125 mg/dL；口服葡萄糖75 g后2 h血糖为140~199 mg/dL；糖化血红蛋白（HbA1C）5.7%~6.4%或6.0%~6.4%[1]。每年有约5%~10%的前糖尿病会发展成糖尿病，也有相同比例的回归正常[1]。前糖尿病是糖代谢异常的临界状态。处于此状态的“亚健康”人，如同站在分叉路口，面临“向左走”或“向右走”的选择。“向左走”可能成为糖尿病患者；“向右走”可能离开糖尿病。人生充满选择，选择左右未来。

改变生活方式（Lifestyle modification）可能纠正前糖尿病，而且是“一线疗法”。这些“一线疗法”可以是：坚持中等强度运动（Moderate-intensity exercise）（≥150 min/周）；坚持健康低热量饮食（Healthy reduced-calorie diet）（每天摄入的热量比维持体质量所需的低500~1 000 kcal）；将基线体质量（Baseline body weight）减少7%[2]。

就前糖尿病患者而言，改变生活方式的获益优于服用二甲双胍（Metformin）[3]。

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