

## **Avoidable Glycaemic Burden in Type II Diabetes**

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### **Abstract**

Good glucose control is the cornerstone of the management of the short and long-term diabetes complications. Furthermore, major studies have shown that tight glycaemic control plays a significant role in the prevention of both micro- and macro vascular complications. Initial diabetes management includes lifestyle changes, with a focus on healthy diet, weight control and increased physical activity.

Although diabetes awareness has significantly increased worldwide, almost half of the diabetic patients remain undiagnosed and a large number of patients on anti-diabetic treatment remain inadequately controlled. Poor compliance to the treatment and the drug-related side effects are the main reasons why long lasting, good glycaemic control is not achieved.

A growing body of evidence suggests that although the risk of developing complications is greater with glucose levels beyond the established threshold for diagnosis- increasing in parallel with hyperglycaemia- individuals with glucose levels in the prediabetic range are already at an increased risk.

Early intervention, ideally as soon as abnormalities in the glucose homeostasis are detected, is of greater importance to minimize the burden of the disease.