MANAGING PRE-DIABETES/INTERMEDIATE HYPERGLYCAEMIA (IH) & TYPE 2 DIABETES (T2D) 2026: GUIDELINES ON MONITORING & MULTISYSTEM HEALTH

CME LIVE WEBINAR

Updated guidelines for the management of IH/T2D, 2025

28 May 2026
from 11.00 to 12.00 CEST

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Overview

Several of the planned activities aim to educate healthcare professionals about the new Global International Diabetes Federation (IDF) 2025 clinical practice recommendations [Ceriello, 2025; Colagiuri, 2025; Colagiuri, 2025] and consensus statement from the South-East Asian regions on the primary prevention of diabetes in people with IH [Ramachandran, 2025] that advocate for 'optimal' or 'basic' care provision and a more individualized or community level, 3-step approach for screening, IH diagnosis and treatment design/delivery for each person with IH or T2D. The 1-h oral glucose tolerance (OGTT) test is proposed to be a more accurate indicator of IH based on the person's glycaemic status [Colagiuri, 2025; Bergman, 2024]. Lifestyle changes and medications, including metformin as the foundation treatment, are effective in those individuals at high-risk of developing T2D, especially those with gestational diabetes (GDM) or BMI>35 [Colagiuri, 2025; Colagiuri, 2025]. Indeed, metformin remains the foundation and 1st line monotherapy due to its global availability, efficacy, low hypoglycaemic risk, cost-effectiveness and long-term cardiovascular (CV) benefits [Colagiuri, 2025].

Learning Objectives

After attended this webinar, participants will be able to:

- Have knowledge of the 2025 updated Global International Diabetes Federation (IDF) guidance
- Know the new guidance for South-East Asia primary prevention of IH, 2025

Target Audience

HCPs managing patients with T2D including clinicians involved in endocrinology, particularly diabetes, pre-diabetes/IH; obesity management and general practice.

Language

The official language of this live educational activity will be English. Simultaneous translation into Spanish and Chinese will be provided.

Continuing Medical Education

The **Updated guidelines for the management of Intermediate Hyperglycaemia (IH)/Type2 Diabetes (T2D), 2025** - Virtual, Italy, 28/05/2026 - 28/05/2026 organized by MedEA Medical Education Academy has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with **1.0 European CME credits (ECMEC®s).** Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

Through an agreement between the Union Européenne des Médecins Spécialistes and the American Medical Association, physicians may convert EACCME® credits to an equivalent number of AMA PRA Category 1 CreditsTM. Information on the process to convert EACCME® credit to AMA credit can be found at https://edhub.ama-assn.org/pages/applications.

Live educational activities, occurring outside of Canada, recognised by the UEMS-EACCME® for ECMEC®s are deemed to be Accredited Group Learning Activities (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

U.E.M.S. EACCME

The content of the **Updated guidelines for the management of Intermediate Hyperglycaemia (IH)/Type2 Diabetes (T2D), 2025** has been certified by the CPD Certification Service as conforming to continuing professional development principles.

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Partnerships & Endorsements

Hellenic Diabetes Association (EDE)
Israel Diabetes Association (IDA)
Japan Diabetes Society (JDS)
Latin American Diabetes Association (ALAD)

With the endorsement of the Diabetes and Cardiovascular Disease (D&CVD) Study Group

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MedEA Medical Education Academy
Director, Educational Programme Development: Flaminia Masprone
T 39 02 8295 8658
info@medeaacademy.com

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AGENDA

Updated Guidelines for the management of Intermediate Hyperglycaemia (IH)/Type 2 Diabetes (T2D), 2025

28 May 2026 - from 11.00 to 12.00 CEST

11.00	**Webinar opening, introductions to expert panel and aims** Antonio Ceriello, Italy
11.05	**Global IDF Clinical Practice Recommendations: 2025** Stephen Colagiuri, Australia
11.20	**South-East Asia primary prevention of diabetes from pre-diabetes guidance: 2025** Linong Ji, China
11.35	**Debate and panel discussion with presenters and Chair**
11.55	**Summary and closing remarks** Antonio Ceriello, Italy
12.00	**End of the live Webinar**

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The following faculty provided information regarding significant commercial relationships and/or discussions of investigational or non-EMEA/FDA approved (off-label) uses of drugs:

Antonio Ceriello	Declared receipt of honoraria or consultation fees from Abbott, Eli Lilly, Novo Nordisk; to be member of an Industry advisory board, board of directors or other similar group for Abbott, Bayer, Boehringer Ingelheim, Eli Lilly, Sanofi, Servier; participation in a company sponsored speaker's bureau for Bayer, Berlin Chemie, Boehringer Ingelheim, Cipla, Hikamar Pharma, Guidotti, Eli Lilly, MSD, Merck, SUN Pharma.
Stephen Colagiuri	Declared no potential conflict of interest.
Linong Ji	Declared no potential conflict of interest.

BIOGRAPHIES

Antonio Ceriello

Research Consultant
IRCCS MultiMedica, Milan, Italy
Adjunt Professor of Internal Medicine
“Luigi Vanvitelli University” of Naples
Naples, Italy and
Guang Ci Professor at
Ruijin Hospital, Shanghai Jiao Tong University
School of Medicine, China

Antonio Ceriello is Research Consultant at IRCCS MultiMedica, Milan, Italy, Adjunt Professor of Internal Medicine at Luigi Vanvitelli University of Naples, Italy and Guang Ci Professor at Ruijin Hospital, Shanghai Jiao Tong University School of Medicine, China. Professor Ceriello has published widely in the area of diabetes with over 500 original papers and with an h-index of 110 (SCOPUS). He chaired the International Diabetes Federation (IDF) committee for the development in 2008, and in the 2011 for the update of “Guideline for Management of Postmeal Glucose ”. Currently, is the President of the European Association for the Study of Diabetes (EASD) Study Group on “Diabetes and Cardiovascular Diseases”. He also served as Board member of the “2019 European Society of Cardiology (ESC) guidelines on diabetes, pre-diabetes, and cardiovascular diseases developed in collaboration with the EASD “. He also served as Associate Editor of “Diabetes Care” from 2003 to 2011 and Associate Editor of “Diabetic Medicine” from 2005 to 2016. From July 1st 2016 he has been appointed as Editor in Chief of “Diabetes Research and Clinical Practice”, the official IDF journal. Prof. Ceriello has also been appointed by IDF as Co-Chairman for the development of the “2025 Global Clinical Practice Recommendations for the Management of Type 2 Diabetes” and as Chairman for the 2025 IDF World Congress, in 2025 by EASD as Member of the Committee on Clinical Affairs (CCA) for 2025-2028 and delegate as representative of EASD at European Medical Agency (EMA). Prof. Ceriello is the winner of the 2004 “Camillo Golgi Prize” of the EASD, of the 2017 of the “Hellmut Mehnert Award”, during the IDF 2017 Meeting, in the 2022 of the “Aretaeus Lecture Award” from the Hellenic Society of Diabetology, in 2023 of the “Somogyi Award” from the Hungarian Diabetes Association and in of the 2024 “Shaukat Sadikot Oration” at Diabetes India Congress.

BIOGRAPHIES

Stephen Colagiuri

Professor Emeritus and Co-Director of the
WHO Collaborating Centre on Physical Activity,
Nutrition and Obesity
Charles Perkins Centre and
Faculty of Medicine and Health
University of Sydney
Sidney, Australia

Stephen Colagiuri is Professor Emeritus and Co-Director of the WHO Collaborating Centre on Physical Activity, Nutrition and Obesity, Charles Perkins Centre and Faculty of Medicine and Health, University of Sydney. His research focus is evidence-based diabetes prevention and care. He served as Vice-President (Physician) on the Board of the International Diabetes Federation (2017 to 2022) and on a number of WHO technical advisory groups. He is a member of the IDF Obesity Taskforce.

BIOGRAPHIES

Linong Ji

Professor of Medicine at Peking University
Director of Peking University Diabetes Center
and
Director of the Department of Endocrinology
and Metabolism
Peking University People's Hospital
Beijing, China

Linong Ji is Professor of Medicine at Peking University, Director of the Peking University Diabetes Center, and Director of the Department of Endocrinology and Metabolism at Peking University People's Hospital. He holds prominent academic positions including Co-Chairman of the Chinese Cardio-Metabolic Association, Co-Executive President of the China Obesity Federation, and leadership roles in several national medical associations. He also serves on the executive board of the Asia Association for the Study of Diabetes and previously held senior positions such as Chair of the International Diabetes Federation Western Pacific Region, President of the Chinese Diabetes Society, and Vice President of IDF Global. He obtained his MD from Beijing Medical University in 1986 and completed postdoctoral training at the Joslin Diabetes Center, Harvard Medical School. His research concentrates on genetics of diabetes , translational research, and novel pharmacological treatments for diabetes and obesity. As Principal Investigator of over 150 clinical trials, he has published more than 700 peer-reviewed articles. He has been recognized as an Elsevier Highly Cited Scholar in China (2020–2025) and ranked among the world's top 2% scientists(2022-2025). He is Chief Editor of the Chinese Diabetes Journal and serves on the editorial boards of multiple leading international diabetes journals.

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Via Monte Napoleone, 8 - 20121, Milan, Italy
85 Great Portland Street, London, UK

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