Managing Pre-Diabetes/IH & T2D 2026: Guidelines on Monitoring & Multisystem Health

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Live webinar:

Updated guidelines for the management of Intermediate Hyperglycaemia (IH)/Type 2 Diabetes (T2D)

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Learning Objectives:

- ✓ 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

Conclusions

- ✓ The 2025 IDF Clinical Practice Recommendations have settled on two levels of care: Optimal and Basic[1]
- ✓ The 2025 IDF Clinical Practice guidnce suggest commencing immediate treatment with combination therapy for the management of hyperglycaemia[1]
- ✓ The screening of IH/T2D must be implemented using any available resource, including glycaemia[1]
- ✓ In the South-East Asian guidance, different ethnicities must be considered in the screening programmes[2]

IH, Intermediate hyperglycaemia; T2D, type 2 diabetes

1. Ceriello A, Colagiuri S. IDF global clinical practice recommendations for managing type 2 diabetes - 2025. Diabetes Res Clin Pract. 2025 Apr;222 Suppl 1:112152. doi: 10.1016/j.diabres.2025.112152. Epub 2025 Apr 8. PMID: 40204549; 2. Ramachandran et al. Call to action for clinicians in the South-East Asian regions on primary prevention of diabetes in people with prediabetes- A consensus statement. *Diabetes Res Clin Pract*. 2025 Mar;221:111997. doi: 10.1016/j.diabres.2025.111997. Epub 2025 Jan 13. PMID: 39814235