### Diagnosis Algorithm

**Assessment and diagnosis of T2DM**

1. **Asymptomatic patient**
   - Does the patient have a BMI \( \geq 25 \text{ kg/m}^2 \) and one or more additional risk factors (see table)?
     - Yes:
       - **Diagnostic testing for T2DM – A1c, OGTT or FPG**
     - No:
       - **Risk Factors Table**
         1.1 BMI \( \geq 25 \text{ kg/m}^2 \) and one or more of the following risk factors:
           - High-risk race/ethnicity (e.g., African American, Latino, Native American, Asian American, Pacific Islander)
           - Women who have delivered a baby weighing > 9 lb or were diagnosed with GDM
           - Women with polycystic ovarian syndrome
           - “Prediabetes” as defined by IFG, IGT or A1c on previous testing
           - Other clinical conditions associated with insulin resistance (e.g., severe obesity, acanthosis nigricans)
           - History of first degree relative with T2DM
           - **Shared decision-making**
             A recommendation has been made and should be utilized; the benefit outweighs the harms for most patients.

1.2 **Cardiovascular Risk Factors**
   - Established ASCVD
   - Hypertension (blood pressure \( \geq 140/90 \text{ mmHg} \) or on hypertension therapy)
   - HDL cholesterol < 35 mg/dL
   - Triglyceride level > 250 mg/dL
   - LDL cholesterol > 70 and calculated 10 year cardiovascular event risk > 7.5 or on lipid lowering therapy

1.3 **Asymptomatic patients with no risk factors should not be screened for T2DM, regardless of age**

   - No:
     - **Diagnosis of prediabetes**
       - A1c between 5.7-6.4%
       - FPG between 100-125 mg/dL
       - OGTT between 140-199 mg/dL

   - Yes:
     - **Diagnosis of T2DM**
       - A1c \( \geq 6.5\% \)
       - FPG \( \geq 126 \text{ mg/dL} \)
       - Symptomatic and casual plasma glucose \( \geq 200 \text{ mg/dL} \)

2. **Go to the Management algorithm**

### Risk Factors Table

1.1 BMI \( \geq 25 \text{ kg/m}^2 \) and one or more of the following risk factors:

- High-risk race/ethnicity (e.g., African American, Latino, Native American, Asian American, Pacific Islander)
- Women who have delivered a baby weighing > 9 lb or were diagnosed with GDM
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- “Prediabetes” as defined by IFG, IGT or A1c on previous testing
- Other clinical conditions associated with insulin resistance (e.g., severe obesity, acanthosis nigricans)
- History of first degree relative with T2DM

1.2 Cardiovascular Risk Factors

- Established ASCVD
- Hypertension (blood pressure \( \geq 140/90 \text{ mmHg} \) or on hypertension therapy)
- HDL cholesterol < 35 mg/dL
- Triglyceride level > 250 mg/dL
- LDL cholesterol > 70 and calculated 10 year cardiovascular event risk > 7.5 or on lipid lowering therapy

**Shared decision-making**

A recommendation has been made and should be utilized; the benefit outweighs the harms for most patients.

A recommendation has been made and may be utilized; the benefit is felt to potentially outweigh the harms for most patients.

A recommendation against has been made; the harms outweigh the benefits for most patients.