

## SCREENING FOR TYPE 2 DIABETES AND CARDIOVASCULAR RISK

It is usual to start checking (screening) for diabetes and heart disease as we age. If a person has additional risk factors that might increase his or her chances of having these conditions, screening may begin at an earlier age and blood and other tests may be recommended more frequently.

Screening intervals 3 - 5 yearly depending on risk	Men	Women
1. No known symptoms in people without known risk factors – screening begins -	45 years	55 years
2. All Māori, Pacific and Indo-Asian peoples*	35 years	45 years
3. Screening is recommended 10 years earlier in the presence of other known cardiovascular risk factors, or in those at high risk of developing diabetes		
<b>Family history risk factors:</b> <ul style="list-style-type: none"> <li>• Diabetes in a close relative (parent, brother or sister)</li> <li>• Premature coronary heart disease or ischaemic stroke (when an artery to the brain is blocked) in a first-degree relative (father or brother &lt;55 years, mother or sister &lt;65 years)</li> </ul>		
<b>Personal history risk factors</b> <ul style="list-style-type: none"> <li>• People who smoke (or who have quit only in the last 12 months)</li> <li>• A person who has had gestational diabetes (diabetes of pregnancy)</li> <li>• Polycystic ovarian syndrome (cysts in the ovaries)</li> <li>• Prior high blood pressure <math>\geq 160/95</math> mm Hg</li> <li>• Prior high cholesterol (lipid profile test) ratio <math>\geq 7</math></li> <li>• Already having borderline test results for HbA1c (41 - 49 mmol/mol) or fasting glucose 6.1 - 6.9 mmol/l</li> <li>• BMI <math>\geq 30</math> kg/m<sup>2</sup> or waist circumference <math>\geq 94</math> cm in men or <math>\geq 80</math> cm in women)</li> <li>• Estimated kidney tests show problems (eGFR) &lt;60 ml/min/1.73m<sup>2</sup></li> </ul>		
<b>* Ethnic risk factors</b> Maori and people from the Pacific, Indo-Asian (including Fijian Indian, Sri Lankan, Afghani, Bangladeshi, Nepalese, Pakistani, Tibetan) Chinese, African Americans, Hispanic/Latino Americans		

### Additional screening for type 2 diabetes in -

<b>Adults over 25 years of age</b> <ul style="list-style-type: none"> <li>• With heart conditions or peripheral vascular disease (circulatory system), or</li> <li>• On long-term steroid or antipsychotic treatment, or</li> <li>• V@•^A @obesity (BMI <math>\geq 30</math>; or BMI <math>\geq 27</math> for Indo-Asian peoples), or</li> <li>• With a family history of early age onset type 2 diabetes in more than one close relative, or</li> <li>• Have a past personal history of gestational diabetes mellitus</li> </ul>	<b>Children and young adults with obesity (BMI <math>\geq 30</math> or <math>\geq 27</math> in Indo-Asian)</b> <ul style="list-style-type: none"> <li>• Where there is a family history of early onset type 2 diabetes, or</li> <li>• The person is Māori, Pacific or Indo-Asian ethnicity</li> </ul>
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