

MANAGING PRE-DIABETES/INTERMEDIATE
HYPERGLYCAEMIA (IH) & TYPE 2 DIABETES (T2D) 2026

CME LIVE WEBINAR

Updated guidelines for the management of IH/T2D, 2025

28 May 2026
from 11.00 to 12.00 CEST

Pre-webinar interview: 28 April 2026
Post-webinar infographic: 12 June 2026



Updated guidelines for the management of Intermediate Hyperglycaemia (IH)/Type2 Diabetes (T2D), 2025

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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; some content of interest to vascular specialists and cardiologists.

Language

English with simultaneous translation into Spanish and Chinese.

Continuing Medical Education

The **Updated guidelines for the management of Intermediate Hyperglycaemia (IH)/Type2 Diabetes (T2D), 2025** programme will be submitted for CME accreditation from the European Accreditation Council for Continuing Medical Education (EACCME), and for Continuing Professional Development (CPD) credits.

Faculty



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