

Impact of Fasting Glucose on Cardiovascular Disease

In 2003, the American Diabetes Association lowered the cut point for diagnosis of impaired fasting glucose (IFG) from 110-125 mg/dl to 100-125 mg/dl, which had the effect of tripling the number of people considered at risk for diabetes in the United States. Researchers with the Framingham Offspring study report that women with IFG have a significantly greater short-term risk of developing coronary heart disease than men (at both the 110-125 mg/dl and 100-125 mg/dl cut off points). This suggests that cardiovascular and diabetes risk may occur at lower glucose thresholds in women as compared to men.

Levitzky YS, Pencina MJ, D'Agostino RB, Meigs JB, Merabito JM, Vasan RS, and Fox CS. Impact of Fasting Glucose on Cardiovascular Disease: The Framingham Heart Study. Journal of the American College of Cardiology. Vol 51(3): 264-270, 2008.