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BACKGROUND

- Diabetes mellitus (DM) is a well established risk factor for atherosclerotic cardiovascular diseases (ASCVD).
- Despite mounting evidence, clinicians are unaware that Prediabetes is also a major risk factor for ASCVD.
- Our objective is to add to the current growing body of evidence about the hazards of Prediabetes.

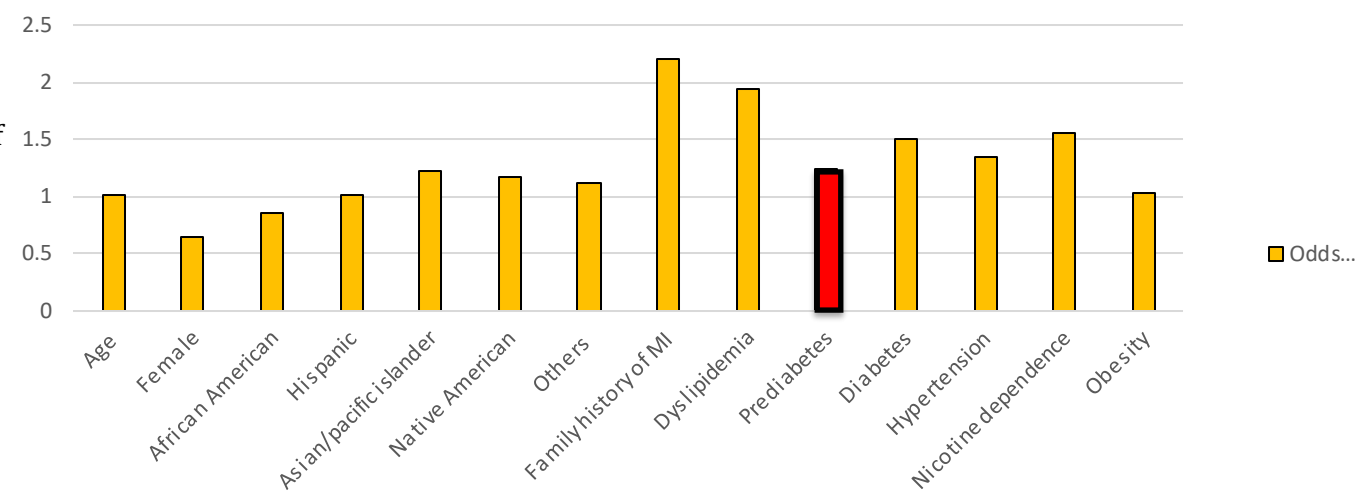
METHOD

- In our retrospective study, we included Patients of Age ≥ 50 years with a Primary or Secondary diagnosis of Prediabetes from the National inpatient sample (NIS) between 2016-2018.
- After coding the relevant variables based on the ICD-10 coding system, we performed Univariate and Multivariate logistic regression analysis to determine if Prediabetes was associated with CAD and MI.

RESULTS

- A total of 1,794,149 (95% CI 1,753,742-1,834,556) weighted hospitalizations had MI and 330,814 (95% CI 313,189-348,440) patients had prediabetes.
- Prediabetes was greatly associated with increased odds for MI (OR 1.41, 95% CI 1.35-1.47, $P=0.000$).
- Despite adjusting for Age, Gender, Race, Family history of MI, Dyslipidemia, HTN, DM, Nicotine dependence, and Obesity, **Prediabetes** was significantly associated with **increased odds of MI** (OR 1.25, 95% CI 1.20-1.31, $P=0.000$), **PCI** (OR 1.45, 95% CI 1.37-1.53, $P=0.000$) and **CABG** (OR 1.95, 95% CI 1.77-2.16, $P=0.000$).

Multivariate Logistic Regression Analysis For MI



CONCLUSION

- Prediabetes - an independent risk factor for MI despite adjusting for the well-established risk factors (OR 1.25, 95% CI 1.20-1.31, $P=0.000$).**
- Our study serves as a wake-up call for clinicians and patients to shift the focus to prevent Prediabetes, not just Diabetes.**
- Importance of early recognition through screening and early intervention to aggressively manage the cardiovascular risk factors to prevent MI.**

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