



The prevalence of diabetes and prediabetes are increasing dramatically in the world in general. Unfortunately, many numbers from IDF year book concerning prevalence in the Middle Eastern countries are estimate and do not necessarily depend on scientific survey.

During the 2nd Middle East Practical Diabetes Meeting, Prof. Kamel Ajlouni, Director of the National Center for Diabetes, Endocrinology & Genetics, Jordan will give a general overview of the prevalence of diabetes and prediabetes in Middle East and Jordan. In Jordan the national studies performed in 1994, 2004, 2007 and 2016 showed dramatic increase in the prevalence of diabetes and prediabetes. Review of the literature showed the same in most of the Arab countries, and some other countries like China and India.

According to Prof. Ajlouni:

"We shall stress the points that prevention should start with the state of Insulin Resistance and prediabetes and not to wait for diabetes as defined by ADA because complications start in prediabetes state and the differentiation between diabetes and prediabetes should stop."

For more information: [www.targeting-diabetes.com](http://www.targeting-diabetes.com)

