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| Antenatal | ● A balanced diet  
● Regular intake of carbohydrates  
● Lower in fat  
● Plenty of fruits and vegetables  
● Regular exercise | Monitor risk factors for gestational diabetes:  
● BMI more than 30kg/m²  
● Previous macrosomic baby weighting 4.5kg or more  
● Previous gestational diabetes  
● Family history of diabetes (first degree relative with diabetes) | ● Assess all women for the presence of risk factors for gestational diabetes and offer 75 gram Oral Glucose Tolerance Test (OGTT) to those with risk factors | In women with GDM  
● Joint management with experts to attain stringent glycaemic, blood pressure and lipid control  
● Advice on self care  
● Early antenatal-care  
● Performance of 75 gram OGTT and risk factor assessment 6-weeks after delivery  
● Consider regular disease surveillance in women with history of GDM | Monitor fetal growth  
Obstetric complications in women with GDM |
| Infancy   | ● Breast feeding  
● Avoid obesity  
● Adequate sleep | ● Monitor weight gain | | | |
| Childhood | ● Abstain from smoking  
● Regular exercise  
● Healthy eating habit  
● Adequate sleep  
● Avoid excessive intake of sugar sweetened beverages  
● Make good use of leisure time by increasing physical activities, avoid excessive time being spent on watching TV or playing computer games | ● Monitor weight for height | Work closely with experts to:  
● improve glycaemic and risk factor control  
● advise on daily living and psychological support to child and parents  
● advise on prevention and detection of ketoacidosis  
● Monitor growth and development | | Growth and development  
Diabetic emergencies |
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| Adulthood | ● Abstain from smoking  
● Smoking cessation for smokers  
● Healthy eating habit  
● Weight management  
● Regular exercise | ● Monitor BMI  
● Monitor abdominal circumference  
● Family history of diabetes  
● History of gestational diabetes  
● Presence of other risk factors (e.g. hypertension, heart disease, stroke and smoking) | ● Early identification using fasting glucose is suggested for all subjects aged ≥ 45 years  
● Early identification using fasting blood glucose for people of all ages with overweight/obesity and have additional risk factors for diabetes (as stated in Module 2) | ● Advise on self-care including self-monitoring of blood glucose as appropriate  
● Control of risk factors including blood glucose, blood pressure, blood lipid and body weight  
● Regular assessment of complications and referral to specialist care or collaborative care as appropriate | ● Avoid hypoglycaemia  
● Manage diabetic complications (e.g. retinopathy, diabetic kidney disease, neuropathy and cardiovascular diseases) in collaboration with specialists | ● Optimise patient’s coping skills to manage daily the presence of diabetes and its complications.  
● Provide support to carer and loved ones  
● Adopt a multidisciplinary approach in rehabilitation |
| Elderly | ● Abstain from smoking  
● Smoking cessation for smokers  
● Healthy eating habit  
● Weight management  
● Regular exercise | ● Monitor BMI  
● Monitor abdominal circumference  
● Presence of other risk factors (e.g. hypertension, heart disease, stroke and smoking) | ● Screen fasting blood glucose | ● Advise on self-care  
● Educate carer and provide support  
● Control of risk factors including blood glucose, blood pressure and blood lipid  
● Beware of reduced renal and liver function and increased risk of drug toxicity (e.g. metformin) and hypoglycaemia | ● Avoid hypoglycaemia  
● Manage diabetic complications (e.g. retinopathy, diabetic kidney disease, neuropathy and cardiovascular diseases) in collaboration with specialists | ● Optimise patient’s coping skills to manage daily the presence of diabetes and its complications.  
● Provide support to carer and loved ones  
● Adopt a multidisciplinary approach in rehabilitation |