



## Diabetes Prevention and Intervention

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### Message from the Guest Editor

Diabetes mellitus (DM) increases the risk of cardiovascular complications and is one of the main determinants of adverse outcomes, including death, re-hospitalization, and functional decline (cognitive and physical), particularly in older adults. Therefore, it is important to achieve glycemic control to avoid complications. Furthermore, since endothelial dysfunction is common in DM, patients should be carefully monitored to prevent micro- and macrovascular complications.

This Special Issue aims to summarize lifestyle and pharmacological interventions that could improve DM patients' quality of life. Intriguingly, hyperglycemia (irrespective of DM), insulin resistance, and pre-diabetes may be considered specific targets to reduce the risk of adverse events.





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