

METFORMINA PER IL PREDIABETE (meglio stile vita)  
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CONCLUSIONI – Nei pazienti con concentrazioni plasmatiche di glucosio a digiuno e post-carico elevate, la monoterapia a lungo termine a base di metformina può ritardare o, forse, prevenire la comparsa del diabete. **L'intervento sullo stile di vita, dimostratosi più efficace della metformina negli studi clinici, è da preferirsi e dovrebbe essere tentato per primo.**

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