**A Thesis Submitted to the College of Medicine, Medicine department for M.B.Ch.B degree**

**Abstracts**

**Background: Diabetes is a disease characterized by high levels of blood glucose resulting from defects in insulin production, insulin action or both. The Iraq Ministry of health conducted a 2008 statistics confirmed that 10.4 percent of the Iraqi people have diabetes disease, as has been proven globally since all three cases diagnosed for it one case undiagnosed. The twin epidemics of obesity and diabetes and already represent the biggest public health challenge of the 21th century and it is estimated that at least half of all diabetes cases would be eliminated if weight gain in adults could be prevented, more than that it well recommended that the estimation HbA1c, and the continues measuring of fasting blood sugar during the pre-diabetic period may help to answer the question ((Can insulin resistance and pre-diabetes be reversed? )) by yeas.**