

Disorder	Approx. Prevalence in Adults <sup>a</sup>	Screening/Testing Recommendations <sup>b</sup>	Chapter(s)
Obesity	34% BMI $\geq$ 30 68% BMI $\geq$ 25	Calculate BMI Measure waist circumference Exclude secondary causes Consider comorbid complications	416
Type 2 diabetes mellitus	>7%	Beginning at age 45, screen every 3 years, or earlier in high-risk groups: Fasting plasma glucose (FPG) >126 mg/dL Random plasma glucose >200 mg/dL An elevated HbA1c Consider comorbid complications	417
Hyperlipidemia	20–25%	Cholesterol screening at least every 5 years; more often in high-risk groups Lipoprotein analysis (LDL, HDL) for increased cholesterol, CAD, diabetes Consider secondary causes	421
Metabolic syndrome	35%	Measure waist circumference, FPG, BP, lipids	422
Hypothyroidism	5–10%, women 0.5–2%, men	TSH; confirm with free T <sub>4</sub> Screen women after age 35 and every 5 years thereafter	405
Graves' disease	1–3%, women 0.1%, men	TSH, free T <sub>4</sub>	405
Thyroid nodules and neoplasia	2–5% palpable >25% by ultrasound	Physical examination of thyroid Fine-needle aspiration biopsy	405
Osteoporosis	5–10%, women 2–5%, men	Bone mineral density measurements in women >65 years or in postmenopausal women or men at risk Exclude secondary causes	425
Hyperparathyroidism	0.1–0.5%, women > men	Serum calcium PTH, if calcium is elevated Assess comorbid conditions	424
Infertility	10%, couples	Investigate both members of couple Semen analysis in male Assess ovulatory cycles in female Specific tests as indicated	411, 412
Polycystic ovarian syndrome	5–10%, women	Free testosterone, DHEAS Consider comorbid conditions	412
Hirsutism	5–10%	Free testosterone, DHEAS Exclude secondary causes Additional tests as indicated	68
Menopause	Median age, 51	FSH	413
Hyperprolactinemia	15% in women with amenorrhea or galactorrhea	PRL level MRI, if not medication-related	403
Erectile dysfunction	10–25%	Careful history, PRL, testosterone Consider secondary causes (e.g., diabetes)	67
Hypogonadism, male	1–2%	Testosterone, LH	411
Gynecomastia	15%	Often, no tests are indicated Consider Klinefelter's syndrome Consider medications, hypogonadism, liver disease	411
Klinefelter's syndrome	0.2%, men	Karyotype Testosterone	410
Vitamin D deficiency	10%	Measure serum 25-OH vitamin D Consider secondary causes	423
Turner's syndrome	0.03%, women	Karyotype Consider comorbid conditions	410

<sup>a</sup>The prevalence of most disorders varies among ethnic groups and with aging. Data based primarily on U.S. population. <sup>b</sup>See individual chapters for additional information on evaluation and treatment. Early testing is indicated in patients with signs and symptoms of disease and in those at increased risk.

**Abbreviations:** BMI, body mass index; BP, blood pressure; CAD, coronary artery disease; DHEAS, dehydroepiandrosterone; FSH, follicle-stimulating hormone; HDL, high-density lipoprotein; LDL, low-density lipoprotein; LH, luteinizing hormone; MRI, magnetic resonance imaging; PRL, prolactin; PTH, parathyroid hormone; TSH, thyroid-stimulating hormone.