

5.0 Management of diabetes: glycaemic control goals

5.1 Recommendation

People with diabetes should be offered the educational and therapeutic support which enables them to attain the metabolic goals which will ameliorate the risk of vascular complications

5.2 Background

The objectives of therapy for diabetes are to:

- Enable the individual to achieve as normal a lifestyle as possible
- Eliminate symptoms of hyperglycaemia
- Achieve optimum blood glucose control
- Reduce or eliminate microvascular and macrovascular complications of diabetes mellitus
- Treat associated disorders (hypertension, dyslipidaemia, obesity, hypercoagulability and insulin resistance)

5.3 Management

Goals for blood glucose control which should prevent development of microvascular complications and reduce the risk of cardiovascular disease are given in Table 5.1.

Table 5.1 Optimal control indicators for management of hyperglycaemia

<i>Indicator</i>	<i>Normal</i>	<i>Target</i>	<i>Action needed</i>
Plasma glucose values (mg/dl)			
Pre-meal (and fasting) glucose	<110	90-130	<90 or >150
Post-meal glucose	<120	110-150	<110 or >180
HbA _{1c} (%)	<6.0	6.5-7.0	>7.0