Diabetes – Glycemic Targets

Clinical Question
What are the optimal targets for glycemic control in patients with diabetes?

Scope
This guideline is intended for physicians who care for patients with diabetes or who are at risk for developing diabetes. Recommendations include both type 1 and type 2 diabetes unless only one is specified.

Excellent/Good Evidence to recommend

• Therapy in most patients with diabetes (type 1 or 2) should be targeted to achieve a glycosylated hemoglobin level (A1C) ≤7.0% in order to reduce the risk of microvascular complications.

Fair Evidence to recommend

• Target to achieve an AIC ≤7.0% to reduce the risk of macrovascular complications.

• To achieve this target, patients should aim for fasting or preprandial plasma glucose levels of 4.0 to 7.0 mmol/L and 2-hour postprandial plasma glucose levels of 5.0 to 10.0 mmol/L.

• Consider lowering plasma glucose even further, to normal levels, if it can be done safely.

The above recommendations were derived from the following GAC endorsed guideline:

Rating (out of 4): ☜☞☞☞

Endorsed Date: May, 2004
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