

BLOOD GLUCOSE TARGETS

The ADA has established the following targets for most adults with diabetes. Pregnant women have their own set of recommended targets, and senior citizens and children may also have different, individualized goals. Lower targets may be recommended for certain people who are at lower risk for hypoglycemia (low blood glucose), while those with frequent or unrecognized hypoglycemia may have higher blood glucose targets for safety purposes. Your diabetes care team may also recommend that you monitor your blood glucose level at times besides before and after meals.

TIME	GOAL
Premeal	90–130 mg/dl
Postmeal (1–2 hours after eating)	less than 180 mg/dl

WHAT DOES MY HbA_{1c} MEAN?

The glycosylated hemoglobin (HbA_{1c}) test gives a snapshot of a person's blood glucose control over the previous 2–3 months. The lower your HbA_{1c}, the better your chances of avoiding serious diabetes complications. The ADA's recommended HbA_{1c} goal for people with diabetes in general is less than 7%, while individuals should pursue an HbA_{1c} level as close to normal (less than 6%) as possible. (Less stringent targets may be recommended for certain populations.) Here's how HbA_{1c} test results relate to blood glucose monitoring results (when using a meter that gives plasma glucose levels):

HbA _{1c} TEST RESULT	AVERAGE PLASMA GLUCOSE LEVEL
6%	135 mg/dl
7%	170 mg/dl
8%	205 mg/dl
9%	240 mg/dl
10%	275 mg/dl
11%	310 mg/dl
12%	345 mg/dl

TARGET LIPID LEVELS FOR ADULTS WITH DIABETES

Both lifestyle changes and drug therapy may be recommended to achieve these cholesterol and triglyceride levels.

LIPID	GOAL LEVEL
LDL cholesterol	less than 100 mg/dl
LDL cholesterol in people with cardiovascular disease	less than 70 mg/dl
HDL cholesterol (men)	higher than 40 mg/dl
HDL cholesterol (women)	higher than 50 mg/dl
Triglycerides	less than 150 mg/dl