
Your Goals in Controlling Your Diabetes Mellitus

Glucose levels: Fasting glucose 126 ADA guideline
Fasting glucose 110 ACE
Post prandial (After meals) - glucose 140

Hemoglobin A1C: (glycosylated hemoglobin)
A1C Level of 7% ADA
A1c Level of 6.5 ACE

Blood Pressure: Systolic 140 and Diastolic 90

Cholesterol: Cholesterol 180 LDL less than 100
HDL greater than 35 Triglycerides less than 150

Urine microalbumin: less than 30

Weight: maintain your weight no more than 15% above
ideal weight.

BMI: 24 to 26 %

Statin use: need to be on a statin cholesterol medication

Aspirin: Aspirin 81 mg

Ace or ARB: need to be on a BP med Ace inhibitor or ARB medicines

Physical activity: regular daily exercise

Vaccines: Pneumonia every 10 yrs, Influenza annually

Smoking: need to stop smoking

Compliance: take your medications as directed, follow your diet as instructed.

The most important part of these goals is the prevention of the complications from the diabetes. The biggest of these complications is heart disease.