

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.