

10 Steps to Better Glucose Control



The *Global Partnership for Effective Diabetes Management* has developed 10 recommendations to help more individuals with type 2 diabetes achieve glycemic goals.

- 1** Aim for good glycemic control, defined as HbA_{1c} < 6.5%*
- 2** Monitor HbA_{1c} every 3 months in addition to regular glucose self-monitoring
- 3** Aggressively manage hyperglycemia, dyslipidemia and hypertension with the same intensity to obtain the best patient outcome
- 4** Refer all newly diagnosed patients to a unit specializing in diabetes care where possible
- 5** Address the underlying pathophysiology, including treatment of insulin resistance
- 6** Treat patients intensively so as to achieve target HbA_{1c} < 6.5%* within 6 months of diagnosis
- 7** After 3 months, if patients are not at target HbA_{1c} < 6.5%*, consider combination therapy
- 8** Initiate combination therapy or insulin immediately for all patients with HbA_{1c} ≥ 9% at diagnosis
- 9** Use combinations of oral antidiabetic agents with complementary mechanisms of action
- 10** Implement a multi- and interdisciplinary team approach to diabetes management to encourage patient education and self-care and share responsibility for patients achieving glucose goals

* Or fasting/preprandial plasma glucose < 110 mg/dL (6.0 mmol/L) where assessment of HbA_{1c} is not possible.

Del Prato S, et al. *Int J Clin Pract* 2005; **59**:1345–1355.

