

# Goals for optimum diabetes management

The chart on the flip side lists goals for optimum diabetes management that all people with diabetes should be encouraged to reach.

This chart has been specifically designed as a card for you to pull out and place on your desk or nearby for easy reference.



# Goals for optimum diabetes management

Encourage all people with diabetes to reach these goals

■ BGL	Ideal 4.0–6.0 mmol/L (fasting) NHMRC 6.1–8.0 mmol/L (fasting)
■ HbA1c	≤7%
■ LDL-C	<2.5 mmol/L*
■ Total cholesterol	<4.0 mmol/L*
■ HDL-C	>1.0 mmol/L*
■ Triglycerides	<1.5 mmol/L*
■ Blood pressure	≤130/80 mm Hg <sup>^</sup>
■ BMI	<25 kg/m <sup>2</sup> where appropriate
■ Urinary albumin excretion	<20 µg/min (timed overnight collection) <20 mg/L (spot collection) <3.5 mg/mmol: women <2.5 mg/mmol: men (albumin creatinine ratio)
■ Cigarette consumption	Zero
■ Alcohol intake	≤2 standard drinks (20 g) per day for men and women <sup>o</sup>
■ Physical activity	At least 30 minutes walking (or equivalent) 5 or more days/week (Total ≥150 minutes/week)

## Doctors should consider:

- Prophylactic aspirin (75-325mg) daily unless contraindications
- Immunisation against influenza and pneumococcal disease

\* *National Heart Foundation Guidelines*

<sup>^</sup> *NHMRC Evidence Based Guidelines for the Management of Type 2 Diabetes, 2005*

<sup>o</sup> *NHMRC Australian Guidelines to Reduce Health Risks from Drinking Alcohol, 2009*

