

# Reviewing Your Targets for Optimal Diabetes Management



**This time of year** is a good time for working towards any goals or resolutions that you may have set for yourself to optimize your health over the coming year. Therefore, it seems like this may be a good time to review your blood sugar, blood pressure, and cholesterol targets for effective diabetes management and to reduce your risk of developing complications of diabetes such as cardiovascular disease.

The following table outlines the targets and values that you should be aiming for:

Test	Target Value
A1c (3 month average blood glucose)	=/ < 7%*
Fasting Blood Glucose	4.0 - 7.0 mmol/L
Post Meal Blood Glucose	5.0 - 10.0 mmol/L (5 - 8 if A1c not achieved)
Blood Pressure	< 130/80 mmHg
LDL (Bad) Cholesterol	=/ < 2.0 mmol/L or 50% reduction from baseline
Non-HDL Cholesterol (alternate target)	=/ < 2.6 mmol/L
apo-B (alternate cholesterol target)	=/ < 0.8 g/L

*\*Note: this is the A1c target for most people; this target should be individualized for you by your physician based on your specific health profile*

So just how often should the above target values be monitored? You can monitor your fasting and after meal blood glucose levels yourself on a daily basis at a frequency that you and your physician determine. Some diabetics find it helpful to test multiple times per day, especially if they are on insulin or at risk of having low blood sugars, while others only need to test periodically. The key behind testing your blood sugar levels is to test when the information it provides will be useful to help guide your diabetes management. Your hemoglobin A1c should be measured every 3 months by your physician and your blood pressure should be taken at every visit. Your

cholesterol levels should be measured yearly, but more often if you are taking medication to lower your cholesterol.

I hope this review has encouraged you to get involved and actively pursue your target levels with your diabetic care team. By actively participating in achieving and maintaining your target levels, you will reap the benefits of improving your quality of life and preventing complications. **E**



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