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.

- Treat patients intensively so as to achieve target HbA1c < 6.5%* within 6 months of diagnosis
- Address the underlying pathophysiology, including treatment of insulin resistance
- Use combinations of oral antidiabetic agents with complementary mechanisms of action
- Monitor HbA1c every 3 months in addition to regular glucose self-monitoring
- After 3 months, if patients are not at target HbA1c < 6.5%*, consider combination therapy
- Aim for good glycemic control, defined as HbA1c < 6.5%*
- 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
- Refer all newly diagnosed patients to a unit specializing in diabetes care where possible
- Aggressively manage hyperglycemia, dyslipidemia and hypertension with the same intensity to obtain the best patient outcome

*Or fasting/preprandial plasma glucose < 110 mg/dL (6.0 mmol/L) where assessment of HbA1c is not possible