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# BLOOD GLUCOSE TARGETS

The American Diabetes Association (ADA) and the American College of Endocrinology (ACE) have both published recommended blood glucose targets for most adults with diabetes. These targets are based on research findings to prevent or minimize the chronic complications of diabetes. Certain populations, such as pregnant women, elderly people, and people with health conditions besides diabetes, require special considerations. For healthy adults, maintaining an HbA<sub>1c</sub> level below 6.0% may further reduce the risk of long-term complications but may increase the risk of hypoglycemia. Goals should be individualized based on safety considerations.

	ADA GOALS	ACE GOALS
HbA <sub>1c</sub>	less than 7.0% or as close to normal as possible	6.5% or lower
Blood glucose before meals	90–130 mg/dl	less than 110 mg/dl
Blood glucose 2 hours after the start of meals	less 180 mg/dl	less than 140 mg/dl

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*Diabetes Self-Management*, “Managing Your Blood Glucose Ups and Downs” by Stacy Griffin, Pharm.D., R.Ph., and Diane Ballard, R.N., B.S.N., C.D.E.

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