
BLOOD GLUCOSE TARGETS

The American Diabetes Association has recommended the following blood glucose targets for optimal control for adults. These targets are based on research findings to prevent or minimize the chronic complications (including retinopathy) of diabetes. Certain populations, such as children, pregnant women, and elderly people, require special considerations. For healthy adults, maintaining an HbA_{1c} level below 6.0% may further reduce complica-

tions but may also increase the risk of hypoglycemia. Goals should be individualized based on safety considerations.

HbA _{1c}	less than 7.0% or as close to normal as possible
Pre-meal glucose	90–130 mg/dl
Peak post-meal glucose	less than 180 mg/dl

Diabetes Self-Management, “Keeping Your Eyes Healthy” by Laura Hieronymus, M.S.Ed., A.P.R.N., B.C.-A.D.M., C.D.E., and Karen M. Bolderman, R.D., L.D.N., C.D.E.

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