
BLOOD GLUCOSE TARGETS

Both the American Diabetes Association (ADA) and the American College of Endocrinology (ACE) have published recommendations for blood glucose control goals for healthy, nonpregnant adults with diabetes. Why two sets of targets? While both are based on studies showing the benefits of intensive blood glucose control, the differences reflect the differing membership in the two organizations. Members of the ACE are endocrinologists, physicians who specialize in endocrine disorders, including diabetes. ADA recommendations are approved by committees of medical professionals that include endocrinologists as well as nurses, dietitians, and physicians with specialties other than endocrinology or diabetes.

	AMERICAN DIABETES ASSOCIATION RECOMMENDATIONS	AMERICAN COLLEGE OF ENDOCRINOLOGY RECOMMENDATIONS
HbA _{1c}	less than 7%	6.5% or lower
Fasting or before-meal plasma glucose levels	90–130 mg/dl	less than 110 mg/dl
Plasma glucose levels after meals	less than 180 mg/dl	less than 140 mg/dl
