

Metabolic Goals

Adapted How Sweet It Is! Management of Diabetes: Monitoring Diabetes Mellitus

By Mary Lynn McPherson, PharmD, MA, BCPS, CPE

Parameters	Goal	Comments		
Blood pressure	SBP < 140 mmHg and DBP < 90 mmHg	<ul style="list-style-type: none"> < 130/80 mmHg may be appropriate for individuals with CVD 120-160/80-105 mmHg suggested for pregnant patients with DM and chronic HTN 		
Lipids	Risk reduction	<ul style="list-style-type: none"> TG \geq 150 mg/dl, and/or HDL < 40 mg/dl for men, < 50 mg/dl for women → intensive lifestyle therapy and optimize BG control Patient of any age with ASCVD → High-intensity statin therapy and lifestyle therapy 		
		Age	+/- ASCVD Risk Factors	Level Statin Therapy + Lifestyle Therapy
		< 40 years old	+	Moderate or high
		40-75	-	Moderate
		40-75	+	High
		> 75	-	Moderate
> 75	+	Moderate or high		

Reference(s):

- Diabetes Care, Supplement 1, January 2017