

## Treatment Goals for Patients With Type 2 Diabetes Mellitus

Parameter	Treatment Goal
Body weight	Reduce weight by 5% to 10%
HbA1C	≤6.5% (AACE) <7% (ADA)
FPG	<110 mg/dL
LDL-C	<100 mg/dL if no established CVD <70 mg/dL if ≥2 CV risk factors or established CVD
HDL-C	>40 mg/dL for men >50 mg/dL for women
Triglycerides	<100 mg/dL
Blood pressure	<130/80 mm Hg

AACE = American Association of Clinical Endocrinologists; ADA = American Diabetes Association; FPG = fasting plasma glucose; LDL-C = low-density-lipoprotein cholesterol; HDL-C = high-density-lipoprotein cholesterol

Sources: American Diabetes Association. Standards of medical care in diabetes—2011. *Diabetes Care*. 2011;34:S11-S61.  
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