

Heart Disease and Diabetes: Targets of Care

Recommended ranges for blood pressure, blood glucose, cholesterol, body mass index (BMI), and physical activity.

Diabetes management requires many different techniques, each with a different goal. Believe it or not, management involves goals for blood pressure, cholesterol, physical activity, and weight in addition to your blood sugar. People with diabetes who understand their goals are able to be active members in treatment decisions with their healthcare provider.

Blood Sugars: Fasting 80-130 mg/dL, Post Meal <180 mg/dL, A1C <7% or 8% in select individuals

Both high blood sugar (or glucose) and low blood sugar can be a problem for people with diabetes. High blood sugar can damage blood vessels, worsen cholesterol levels and make blood pressure more difficult to manage. When blood sugar falls, the body responds by increasing the heart rate and adrenaline. In people with heart disease, increased heart rate can cause a heart attack.

Daily control of blood sugars should be reviewed with your diabetes care team. Be sure to bring your blood glucose meter or logbook to each visit. A laboratory test called a hemoglobin A1C estimates a 3-month average of your blood sugar. Both the hemoglobin A1C and self-monitored blood sugars are used together for treatment decisions. Below are recommendations from the American Diabetes Association for blood sugar monitoring.

Monitoring Parameters	Recommended Ranges	When to Check
Fasting Blood Glucose	80-130 mg/dL	8 hours without food
Post Meal Blood Glucose	<180 mg/dL	< 2 hours after eating
A1C Goal – Most Adults	<7%	3 months in uncontrolled 6 months if at goal
A1C Goal – Less Strict*	<8%	3 months in uncontrolled 6 months if at goal

*Less strict A1C for people who are sensitive to low blood sugar levels (advanced age, history of severe heart disease, long duration of diabetes).

