

# RECOMMENDATIONS FOR VASCULAR PROTECTION

**For all patients with diabetes:**

## The ABCDEs

**A A1C** – optimal glycemic control (usually  $\leq 7\%$ )

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**B BP** – optimal blood pressure control ( $< 130/80$  mmHg)

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**C Cholesterol** – LDL-C  $\leq 2.0$  mmol/L if decision made to treat

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**D Drugs** to protect the heart (see algorithm)

**A** – ACEi or ARB

**S** – Statin

**A** – ASA if indicated

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**E Exercise** – regular physical activity, healthy diet, achievement and maintenance of healthy body weight

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**S Smoking** cessation

See next panel for algorithm.