1.1. Targets for blood sugar control in type 2 diabetes

Haemoglobin is the protein that carries oxygen in the blood. When blood sugar levels increase, haemoglobin becomes coated with sugar. This is called sugar-coated haemoglobin or glycated haemoglobin (A1c). Measuring the levels of sugar-coated haemoglobin in the blood is an important test for measuring the extent that blood sugar has increased or reduced over time. It gives an average of the blood sugar levels over eight (8) to twelve (12) weeks.

Therefore, sugar-coated haemoglobin is the recommended test for monitoring blood sugar control over time. This is usually complemented with daily blood sugar monitoring. If daily blood sugar monitoring shows that treatment goals are being met most of the days in a week over a long period of time, consider using AIC at least two times a year. But if this is not the case, then AIC monitoring is recommended every three months.

The desired treatment goals for persons with type 2 diabetes are as follows;

1. Sugar coated haemoglobin (A1c) level of less than 6.5%
2. Blood sugar level of 60 -130 mg/dl (3.3 – 7.2 mmol/l) before meals
3. Blood sugar level of less than 180mg/dl or 10mmol/l after meals