



## The 3 Treatment Targets – Why they are important

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Medical evidence shows that if people with diabetes achieve the NICE recommended treatment targets, they are less likely to have complications of diabetes. The three key results are: HbA1c (blood sugar); cholesterol and blood pressure.

The three tt's should be seen as a contract between you and your clinical team. You have the most influence on these targets. The staff just support you to achieve these. High blood pressure, raised cholesterol and increased blood glucose levels all combine to make the risk of these complications more likely. Therefore, taking care of your health can help you live longer, stay independent for longer and reduce the risk of avoidable disability. For people living with type 1 or type 2 diabetes and for those at high risk of diabetes, we call this non-diabetic hypoglycaemia, most of the risks in the longer term is to do with developing complications of diabetes.

Diabetes complications include heart disease, stroke, kidney disease, eye disease and nerve disease. Nerve disease (neuropathy) combined with poor blood circulation can cause foot ulcers which if not treated quickly could lead to amputation. Studies around the world have shown that getting these three measures under control can reduce this risk, sometimes by as much as 75%.

We call the ideal numbers for blood pressure, cholesterol and average blood glucose, the three treatment targets. For blood pressure the ideal target is 140 over 80 or below or 130 over 80 if you already have complications. For cholesterol this is 4 or below. For blood glucose, we use a measure called HbA1c and the ideal target depends on how long you've had diabetes and other factors. For most people diagnosed in the last few years, the ideal number is 48 or below, whereas, if you've had diabetes for some time, the ideal target could be around 53 or 58. It is important that you know your numbers as this will allow us to take an active role in looking after your health. Ask for these.

Getting more active and eating properly, avoiding processed food, can have a huge impact on these numbers and on your risk of complications. Take action today to reduce your risk.

