

What should be the target criteria in treatment?

The target is roughly not exceeding 100 -110 mg/dl of fasting blood sugar, 140 -150 mg/dl of blood sugar in the 2nd hour of postprandial and 6.5% of hemoglobin A1C.

However, these values may change in pregnancy, puberty, advanced age and in the presence of cardiovascular diseases.

Keeping sugar within normal limits is not sufficient for effective diabetes treatment, it is also among our goals to ensure blood lipids, weight, blood pressure and psychological balance.