

Focused Recommendations for Management of Diabetes

SMOKING CESSATION

- Advise all patients not to smoke.
- Include smoking cessation counseling and other forms of treatment as a routine component of diabetes care.

HYPERTENSION

- Measure and record blood pressure at each visit.
- Treat hypertension using up to 3 – 4 anti-hypertensive medications to achieve adult target of **< 130 systolic** and **< 80 diastolic**.

LIPIDS

- Lifestyle modification focusing on reduction of saturated fat and cholesterol intake, weight loss if indicated, and regular physical activity.
- Statin therapy for persons age 40 and over without overt cardiovascular disease or who have an LDL-C \geq 100 mg/dl.
- Statin therapy for all persons with overt cardiovascular disease.

GLYCEMIC CONTROL

- Develop or adjust the management plan to achieve normal or near-normal glycemia with an A1c goal of **< 7%**

To access a list of participating MQIC health plans and organizations or the MQIC diabetes, tobacco control, hypertension and hyperlipidemia guidelines visit www.mqic.org