

Section 4**TARGETS FOR CONTROL OF DIABETES**

Targets are only general Guidelines, and individualized targets are to be established. The tight control especially in pregnancy, post-renal transplant and retinopathy is desired. The relax control in elderly is recommended.

	Ideal	Satisfactory	Unsatisfactory
FPG (mg/dl)	80-110	111-125	>125
2 hr PPG (mg/dl)	120-140	140-180	>180
BP (mm Hg)	<130/80	<140/90	>140/90
Body Mass Index (kg/m ²)	20-23		
Waist Hip Ratio	Men <0.90 Women < 0.85		
HbA1c (%)	<7	7-8	>8

4.1 Targets for Control of Lipids

Total Cholesterol (mg/dl)	<180
HDL Cholesterol (mg/dl)	>45
LDL Cholesterol (mg/dl)	<100
Serum Triglycerides (mg/dl)	<150