Men aged ≥50 years, women aged ≥65 years.

- Diabetes duration >15 years with age ≥70 years.
- Microvascular disease (especially nephropathy, retinopathy, and neuropathy).
- Cerebrovascular disease, evidence of silent MI.
- CAD; PAD; stroke, transient ischemic attack, peripheral arterial disease.
- Increased cardiovascular risk by clinical judgement.

A repeat resting ECG should be performed every 3 years in people considered at high risk for CV events.

- Refractory angina
- Exercise stress testing ≥2.0 mm Hg
- Unstable angina
- Coronary revascularization
- Presence of diabetes
- Risk factors for CAD
- Family history of premature CAD

All people with diabetes should be offered timely diabetes education (SME) self-management and behavioural change. People with diabetes need to know how to self-manage their condition, including self-monitoring of blood glucose (SMBG).

- Antiplatelet therapy
- Lipid-lowering medication
- Smoking cessation
- Regular physical activity
- Healthy diet
- Optimal control of weight

References

In individuals with IGT, therapy with **metformin** is associated with insulin resistance. Implement a structured program of lifestyle intervention. **Diabetes mellitus** was diagnosed in 1920 after a patient with diabetes mellitus was admitted to the hospital with ketoacidosis. Acanthosis nigricans is a condition characterized by the development of thick, dark brown papules, usually on the neck, axillae, and flexor surfaces. **Risk factors for type 2 diabetes**

- Age ≥ 40 years
- Ethnic background, with type 2 diabetes being more common in Asian, African American, Native American, and Hispanic populations
- History of proximate diabetes mellitus in a first-degree relative
- History of delivery of a macrosomic (> 4000 g) baby
- Hypertension
- Vascular disease (coronary, cerebrovascular, or peripheral)*
- Presence of complications of diabetes associated with diabetes mellitus
- African American or Hispanic ancestry
- Other risk factors

**Diagnosis of diabetes**

FPG ≥ 7.0 mmol/L or Casual PG > 11.1 mmol/L during symptoms of diabetes

A casual plasma glucose test must be done in all cases on another day in the absence of antecedent hyperglycemic episodes. However, in individuals in whom type 1 diabetes is a possibility (younger individuals and lean, older individuals), to avoid rapid deterioration, confirmatory testing should not delay initiation of treatment. FPG = fasting plasma glucose; OGTT = oral glucose tolerance test; PG = plasma glucose

**Recommended targets for glycemic control**

**Type 1 and type 2 diabetes**

![Figure 1. Management of hyperglycemia in type 2 diabetes](https://example.com/figure1.png)

**Lipid targets for individuals with diabetes at high risk for CVD**

<table>
<thead>
<tr>
<th>Index</th>
<th>Target value</th>
</tr>
</thead>
<tbody>
<tr>
<td>FPG (mmol/L)</td>
<td>6.1–6.9</td>
</tr>
<tr>
<td>IGT (fasting)</td>
<td>6.1–6.9</td>
</tr>
<tr>
<td>IGT (oral)</td>
<td>6.1–6.9</td>
</tr>
<tr>
<td>Diabetes</td>
<td>≥7.0</td>
</tr>
</tbody>
</table>

**Recommended targets for blood pressure (BP)**

BP < 120/80 mm Hg

*These target BP levels are the same as the JNC-7 treatment thresholds.*

**Screening**

Evaluate all individuals annually for a type 1 diabetes risk on the basis of demographic and clinical criteria. Screen for diabetes using a fasting plasma glucose test (FPG) every year in individuals ≥45 years of age. More frequent testing is indicated with an OGTT or a 75-g OGTT in people with a normal fasting glucose but who have predisposing factors (e.g., people of South Asian or Hispanic, Asian, Mexican American, or African descent), a family history of type 2 diabetes, or evidence of other cardiovascular disease.

**Diagnosis**

A confirmatory laboratory glucose test must be done in all cases on another day in the absence of antecedent hyperglycemic episodes. However, in individuals in whom type 1 diabetes is a possibility (younger individuals and lean, older individuals), to avoid rapid deterioration, confirmatory testing should not delay initiation of treatment. FPG = fasting plasma glucose; OGTT = oral glucose tolerance test; PG = plasma glucose