



United Kingdom Prospective Diabetes Study

Blood glucose and blood pressure control is important! Reduce your risk for long-term complications by keeping blood glucose and blood pressure levels near normal.

The United Kingdom Prospective Diabetes Study (UKPDS) was a study done over 20 years with over 5,100 people with Type 2 diabetes. The study was done to see if there were any health improvements by tightly controlling blood glucose and blood pressure in people with Type 2 diabetes.

Results of the study:

- The UKPDS results show that tight blood glucose control reduced the chances of both developing eye and kidney damage by 25%, potentially preventing blindness and kidney failure.
- For every 1% decrease in the Hemoglobin A1c test, there was a 35% reduction in damage to the eyes, kidneys, and nerves, and a 25% reduction in diabetes-related deaths.
- Lowering blood glucose levels with medicines when needed makes a large improvement in the health of people with Type 2 diabetes, compared to treatment with diet and exercise alone.
- Tight control of blood pressure in people with Type 2 diabetes reduces the risk of heart failure (by 56%), stroke (by 44%), and death from diabetes (by 32%).

What do these results mean?

Good blood glucose control does matter! People with Type 2 diabetes should closely monitor their blood glucose and blood pressure and bring these tests to normal levels. This will require hard work and commitment, but will be well worth the effort. Your overall health will be improved, and you will be able to look forward to a longer, better life.

What should your goals be?

- Hemoglobin A1c (a test that reflects average blood glucose over the last three months): The goal for most people with diabetes is <7 %. An A1C of 7 corresponds to an average blood glucose level of 150 mg/dL.
- Blood Pressure: The goal for most people with diabetes is <130/80 mm Hg.