

# HbA1c targets should be personalized in type 2 diabetes

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(HealthDay)—For non-pregnant adults with type 2 diabetes, hemoglobin A1c (HbA1c) targets should be personalized, according to a Clinical Guidelines Synopsis published in the June 19 issue of the *Journal of the American Medical Association*.

Elizabeth L. Tung, M.D., from the University of Chicago, and colleagues developed an updated guidance statement relating to optimal glycemic targets for non-pregnant adults with type 2 [diabetes](#).

The authors note that HbA1c goals should be personalized for patients with type 2 diabetes based on discussions of the benefits and harms of pharmacotherapy, patient preferences, health, and life expectancy; the burden of treatment; and costs associated with care. In most patients with type 2 diabetes, the target should be an HbA1c level between 7 and 8 percent. For patients with type 2 diabetes and HbA1c levels

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