

# Road Map to Achieve Glycemic Goals: Naïve to Therapy (Type 2)

Initial A1C (%)	Achieve ACE Glycemic Goals* (FPG and PPG)	Intervention	Continuous Titration of Rx (2-3 months)	If $\leq 6.5\%$ A1C Goal Not Achieved
6-7	Target: PPG and FPG	<b>Preferred:</b> <ul style="list-style-type: none"> <li>• Metformin</li> <li>• TZD</li> <li>• AGI</li> </ul> <b>Special Situations:</b> <ul style="list-style-type: none"> <li>• Meglitinides</li> <li>• SU</li> <li>• Rapid-acting insulin analogs</li> </ul>	Monitor/adjust Rx to maximal effective dose to meet ACE Glycemic Goals	Intensify or Combine Rx
7-8	Target: PPG and FPG	<b>Combine therapies:</b> <ul style="list-style-type: none"> <li>• Meglitinides</li> <li>• AGI</li> <li>• Metformin</li> <li>• TZD</li> <li>• SU</li> </ul> <b>Special Situations:</b> <ul style="list-style-type: none"> <li>• Rapid-acting insulin analogs</li> <li>• Pre-mixed insulin analogs</li> </ul>	Monitor/adjust Rx to maximal effective dose to meet ACE Glycemic Goals	Intensify or Combine Rx, including exenatide (with SU and/or Metformin)
8-9	Target: FPG and PPG	<b>Combine therapies to address FPG and PPG:</b> <ul style="list-style-type: none"> <li>• Metformin</li> <li>• TZD</li> <li>• SFU</li> <li>• Glargine</li> <li>• Rapid-acting insulin analogs</li> <li>• Pre-mixed insulin analogs</li> <li>• NPH</li> <li>• Other approved combinations</li> </ul>	Monitor/adjust Rx to maximal effective dose to meet ACE Glycemic Goals	Intensify or Combine Rx, including rapid-acting insulin analogs, exenatide†, or pramlintide (with meal time insulin)
9-10	Target: FPG and PPG	<b>Combine therapies to address FPG and PPG:</b> <ul style="list-style-type: none"> <li>• Metformin</li> <li>• TZD</li> <li>• SFU</li> <li>• Glargine</li> <li>• Rapid-acting insulin analogs</li> <li>• Pre-mixed insulin analogs</li> <li>• NPH</li> <li>• Other approved combinations</li> </ul>	Monitor/adjust Rx to maximal effective dose to meet ACE Glycemic Goals	Initiate or intensify insulin therapy or add exenatide‡
>10	Insulin Therapy‡	<ul style="list-style-type: none"> <li>• Rapid-acting insulin analog with NPH or Glargine</li> <li>• Pre-mixed insulin analogs</li> </ul>	Monitor/adjust Rx to maximal effective dose to meet ACE Glycemic Goals	Add sensitizer to insulin therapy

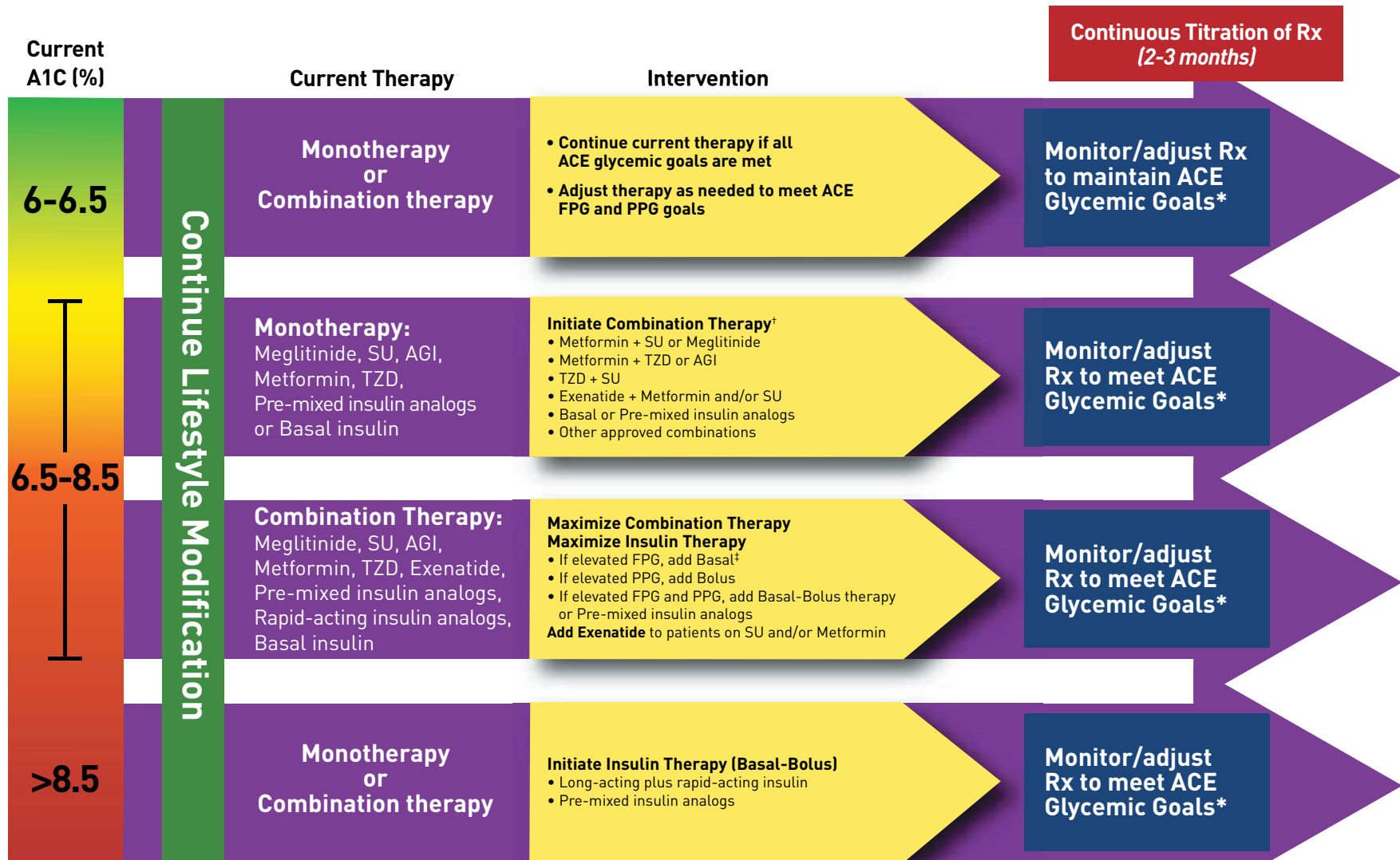
Lifestyle Modification

† Indicated for patients failing SU and/or Metformin therapy: exenatide is not indicated for insulin-using patients.  
 ‡ For selected patients presenting with an A1C of >10%, certain oral agent combinations may be effective.



**\* ACE Glycemic Goals**  
 $\leq 6.5\%$  A1C  
 < 110 mg/dL FPG  
 < 140 mg/dL 2-hr PPG

# Road Map to Achieve Glycemic Goals: Treated Patients (Type 2)



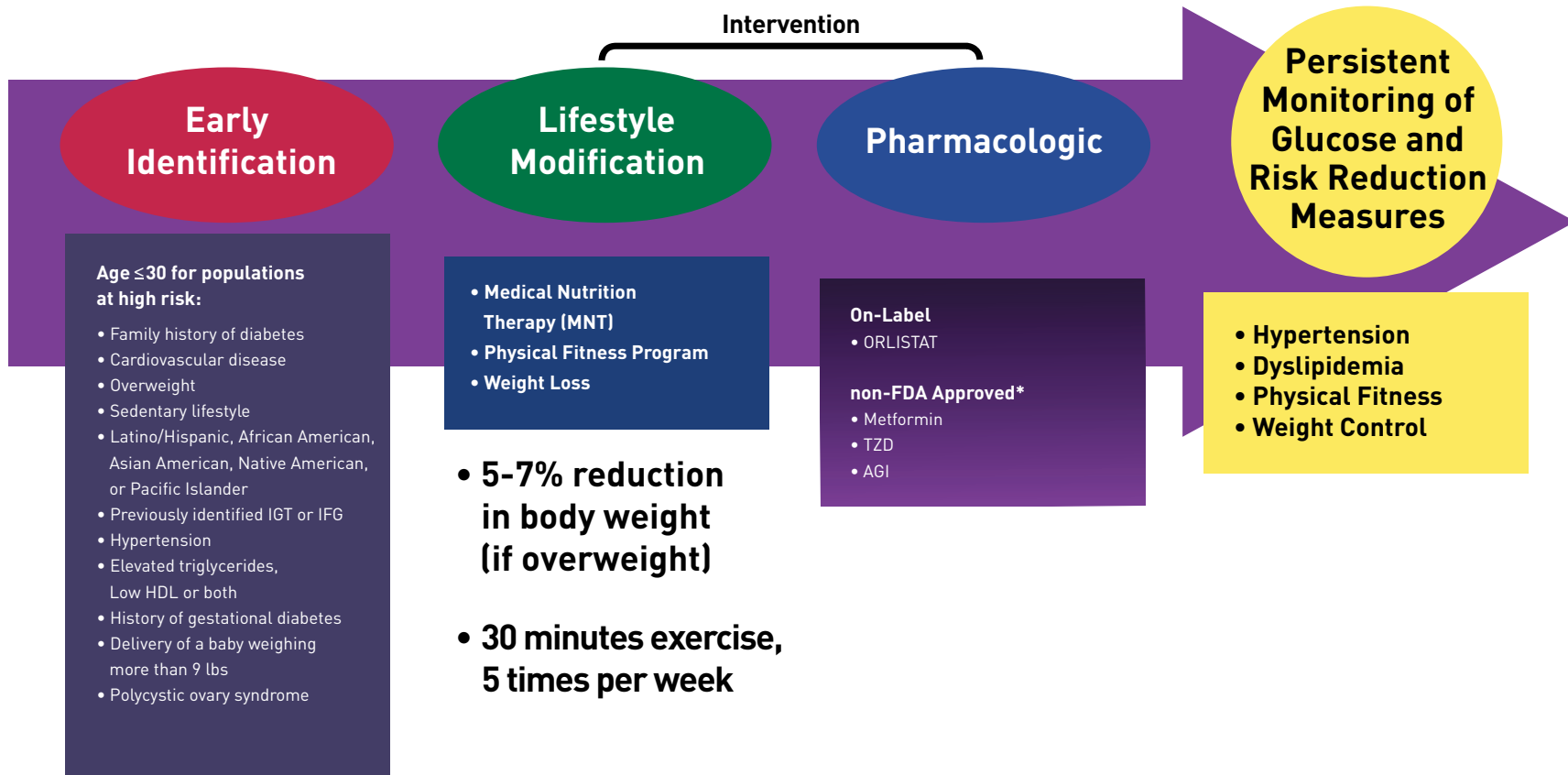
<sup>†</sup>Rapid-acting Insulin analogs can be added to any therapeutic intervention at any time to address persistent postprandial hyperglycemia.  
<sup>‡</sup>Basal insulin is needed to lower FPG.



**\* ACE Glycemic Goals**  
 ≤ 6.5% A1C  
 < 110 mg/dL FPG  
 < 140 mg/dL 2-hr PPG



# Road Map to PREVENT Type 2 Diabetes



**2-h OGTT is the most sensitive method for detection**

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J. Davidson, P. Jellinger, L. Blonde, H. Lebovitz, C. Parkin 2005

\*Shown to be effective in delaying the onset of type 2 diabetes in clinical studies.