

ANALYSIS OF THE UNITED KINGDOM PROSPECTIVE DIABETES STUDY

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Abstract:

Purpose: To review the United Kingdom Prospective Diabetes Study (UKPDS) for findings regarding glycated hemoglobin targets.

Findings: The UKPDS was a large primary intervention study that showed a direct relationship between risk for complications of diabetes and glycemia over time-- the lower the glycemia (as measured by the glycated hemoglobin level), the lower the risk for complications. The rate of increase in risk for microvascular disease with hyperglycemia was greater than the risk for macrovascular disease.

Conclusion: The UKPDS clearly demonstrated that, in type 2 diabetes, more intensive control of glycemia (glycated hemoglobin <6.5%) and "tighter" control of blood pressure (<130/80 mm Hg) independently reduce the risk of complications.

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