

Target Values of Cardiovascular Risk Factors for Diabetic Patients

Sang-Hak Lee

Division of Cardiology, Department of Internal Medicine,

Severance Hospital, Yonsei University College of Medicine

Researches have been performed on the optimal treatment target of risk factors in diabetic patients. Because high quality evidence of treatment result is sometime difficult to obtain, there remains controversy in several points of each target in this population.

BP control to systolic BP <140 mmHg and diastolic BP <90 mmHg is beneficial to prevent CAD event, stroke and diabetic nephropathy. Although minimal reduction of stroke by more intensive BP control was shown in a recent meta-analysis, there is controversy among guidelines in recommending BP goal lower than 140/90 in diabetic patients.

Current guidelines on lipid management are based on the evidence that the benefit is greater when the patient's risk is higher and the lipid lowering is greater. Accordingly, guidelines commonly categorize diabetic patients into a certain risk groups rather than give a separate treatment strategies. For instance, in the latest Korean guideline, a diabetic patient without a vascular disease has a LDLC target of <100 mg/dL. On the other hand, the American guideline recommends routine use of moderate intensity statins which reduce LDLC by 30%-50% in diabetic patients ≥ 40 years. In other words, this guideline does not set any specific LDLC target, but set % change of LDLC as a treatment target.