

HbA1c below 7.6% cuts long-term vascular complications in T1DM

22 December 2014

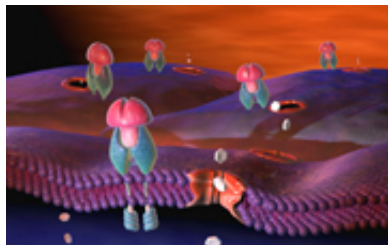


Image courtesy of Blausen Medical

retinopathy and persistent macroalbuminuria for up to 20 years," the authors write.

More information: [Abstract](#)
[Full Text \(subscription or payment may be required\)](#)

Copyright © 2014 [HealthDay](#). All rights reserved.

(HealthDay)—For patients with type 1 diabetes, long-term weighted mean hemoglobin A1c (HbA1c) is associated with development of severe microvascular complications, according to a study published online Dec. 15 in *Diabetes Care*.

Maria Nordwall, M.D., Ph.D., from Linköping University in Norrköping, Sweden, and colleagues conducted a longitudinal observation study involving an unselected population of 451 [patients](#) diagnosed with [type 1 diabetes](#) during 1983 to 1987, before age 35. The authors measured HbA1c from diagnosis through 20 to 24 years of follow-up, and calculated long-term weighted mean HbA1c. Complications in relation to HbA1c levels were examined.

The researchers found that increasing long-term mean HbA1c correlated with sharply increased and earlier incidence of proliferative retinopathy and persistent macroalbuminuria. Among patients with long-term weighted mean HbA1c below 7.6 percent, none developed proliferative retinopathy or persistent macroalbuminuria. Among those with long-term mean HbA1c above 9.5 percent, 51 percent developed proliferative retinopathy and 23 percent developed persistent macroalbuminuria.

"Keeping HbA1c below 7.6 percent (60 mmol/mol) as a treatment target seems to prevent proliferative

APA citation: HbA1c below 7.6% cuts long-term vascular complications in T1DM (2014, December 22) retrieved 15 September 2022 from <https://medicalxpress.com/news/2014-12-hba1c-long-term-vascular-complications-t1dm.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.