ADA Standards Of Care

CVD Prevention In People With Diabetes

For ALL people with diabetes (in order of priority)
• Lipid Agents: >40yo - any statin
  >50 or high CVD risk, Rosuva- or Atorvastatin mod or hi dose
• Antihypertensive agents: ACE/ARB or CCB or diuretic, & add until <130/80
• Aspirin: 7% cvd decrease, 7% bleed, Pt Pref. Polypill success only with ASA*
• Glycemic control agents: Metformin first.

If CVD with DM:
• Consider adding one of the new “tide floz-in” drugs
  • If either CHF or renal disease, “flozin” SGLT2 renal inhibitors
    • empagli- (Jardiance®), cana- (Invokana®), or dapagliflozin (Farxiga®) and
  • If neither, & if wt loss is important the “tide” incretin mimetics
    • Exena- (Byetta), liraglu- (Victoza), semaglutide (Ozempic)

Metformin Benefits:
At 14 yr f/u In Males: Less Coronary Artery Calcification in The Metformin Arm Only*

*But Not Lifestyle or placebo Arms.

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