

# Treat-to-Target

## Initiation and titration of insulin

- Start with 10 units/day of bedtime basal insulin.\*
- Adjust insulin every week. To adjust, calculate the mean self-monitored fasting blood glucose (FBG) values from the previous 2 days.

Mean FBG	Increase insulin by
100-120 mg/dL	2 units
120-140 mg/dL	4 units
140-180 mg/dL	6 units
≥ 180 mg/dL	8 units

From: Riddle MC, Rosenstock J, Gerich J. The treat-to-target trial: randomized addition of glargine or human NPH insulin to oral therapy of type 2 diabetic patients. *Diabetes Care* 2003;26(11):3080-6.

\*Basal insulin: NPH, glargine and detemir

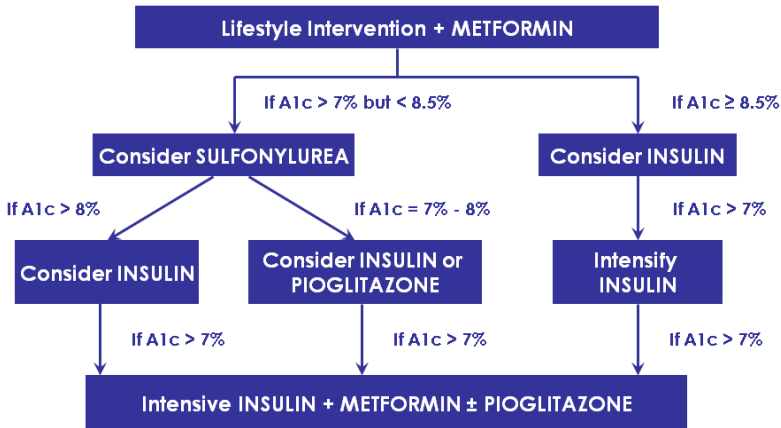
These are general recommendations only; specific clinical decisions should be made by the treating physician based on an individual patient's clinical condition.



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## Treatment algorithm for the management of type 2 diabetes



- Reinforce lifestyle intervention at every visit.
- Check A1c every 3 months until 7% and then at least every 6 months.
- Although three oral agents can be used, initiation and intensification of insulin therapy is usually preferred based on effectiveness and affordability.

Based on American Diabetes Association and European Association for the Study of Diabetes Consensus Statements for the Management of Hyperglycemia in Type 2 Diabetes (2006 and 2009)