

# Type 2 diabetes

## National clinical guideline for management in primary and secondary care (update)

Developed by the National Collaborating Centre for Chronic Conditions (NCC-CC) at the Royal College of Physicians

Type 2 diabetes can cause severe complications, affecting the eye, the nervous system and the kidney. The overall risk of cardiovascular disease is more than doubled, and life expectancy is reduced by an average seven years. In 2002, the National Institute for Health and Clinical Excellence (NICE) published a suite of five guidelines dealing with different aspects of the care of type 2 diabetes. The rising prevalence of the disease, and the range of complications which can arise, reinforce the importance of up-to-date guidance and accordingly NICE have asked the NCC-CC to produce this guideline, amalgamating and updating the previously published work.

Topics of particular relevance to life expectancy, such as control of cholesterol and lipid levels, and management of hypertension, are also covered in the guideline. It deals with major complications such as renal disease. There are also key recommendations in areas of great importance to patients such as structured education and the monitoring of glucose levels. Naturally, there are also sections dealing with control of blood glucose levels and the use of various drugs available for this purpose.

The guideline is an invaluable resource for general physicians, diabetologists, dieticians, general practitioners, nurses and healthcare professionals who are involved in the management and care of people with type 2 diabetes.

The challenge now is to implement its recommendations and to make a genuine difference to the well-being and health of those with type 2 diabetes.

**This guideline is part of a series commissioned by NICE which aims to ensure that standards of care throughout England and Wales are uniformly high.**

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